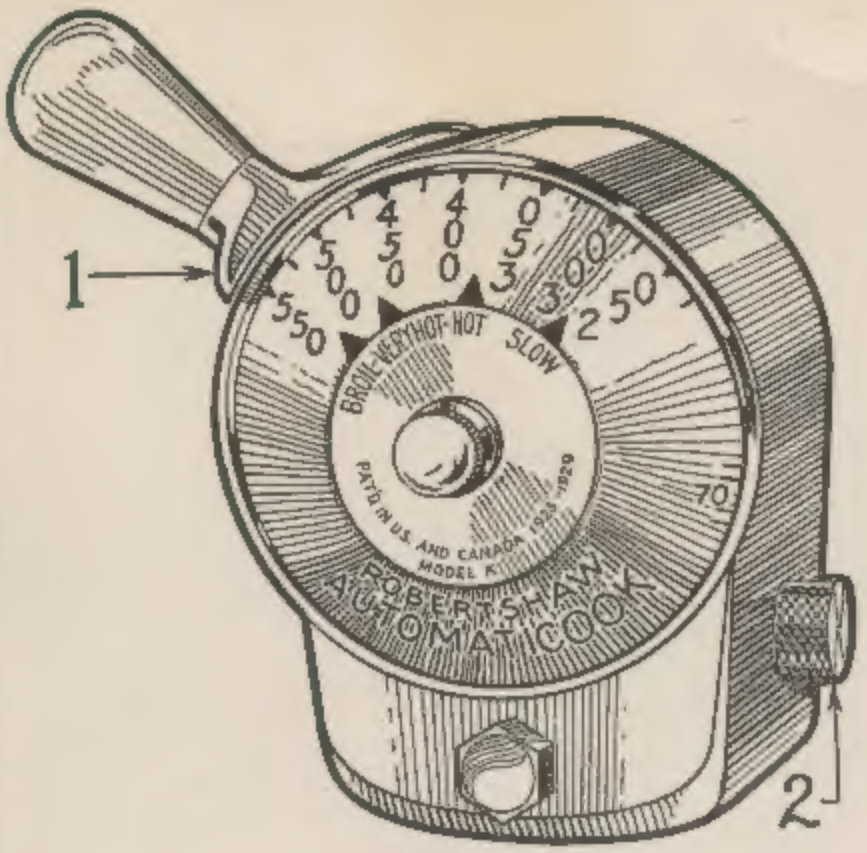
The AutomatiCook BOOK

Selected Recipes
for
Time and Temperature
Oven Cooking

TIRE-LESS COOKING



The ROBERTSHAW AutomatiCook

"The White Handle Oven Heat Controller"

What It Does

1. Automatically maintains the correct oven temperature. You do not have to stay in or even near the kitchen when cooking.
2. Saves more gas than its cost per year and eliminates loss of foods.
3. Eliminates guess-work and the pies, cakes, biscuits, cookies, etc., are just right every time.
4. Assures the roasting of all kinds of meat and fowl—rare, medium, or well done—deliciously and without a single failure.
5. Makes possible the boiling of cereals, soups and vegetables in the oven at the same time you roast meats and bake desserts.
6. Also the canning of fruits and tomatoes in the oven, the scientific way.
7. And the making of all peach butter, apple butter, tomato butter, etc., in the oven. No stirring necessary.
8. Provides for the automatic cooking of a complete meal in the oven at one time without attention. You can leave the house for a period of three to five hours and return to find the whole meal cooked perfectly, ready for serving. Replaces the fireless cooker.
9. Provides for the drying and sterilizing of dishes in the oven, giving them a clean, polished surface—affording a warming closet of large capacity.
10. Requires no experience and, having no parts which can deteriorate, will operate correctly for the entire life of the range.

Don't Spend Your Time in the Kitchen

Let the* ROBERTSHAW *Do the Cooking

INTRODUCTORY

COOKING is the one home duty that is never ending. Meals must be prepared daily and no modern domestic appliance can be more useful or beneficial to the Housewife than the Oven Heat Controlled Gas Range. This "AutomatiCook Book" has been compiled and published chiefly for users of Oven Heat Controlled Gas Ranges, but it can be used as a Cooking Reference by every housewife whether her Range is equipped with Oven Heat Controller or not, as this Book contains complete Time and Temperature Cooking and Canning Charts and a collection of practical Recipes that are ordinarily used in the home.

Cooking authorities are unanimous in advocating that foods are most nourishing and appetizing when cooked at a certain temperature for a definite length of time and by having the AutomatiCook on your Gas Range and by following the recipes and time and temperature charts given in this book, you can cook and can foods that are scientifically correct and delicious without a single failure and with the minimum of time and effort spent in the actual cooking work.

Time and Temperature cooking eliminates all the uncertainty from cooking. Successful results are predetermined and no previous experience is required. You simply mix the recipe or prepare the foods as directed, set the AutomatiCook at the required temperature mark, then light the Oven Burner, and allow the food to remain in the oven, without further attention, for the proper length of time.

The AutomatiCook is so simply and durably constructed, having no parts which can deteriorate or wear out, that you will enjoy the advantages of accurate Time and Temperature Cooking throughout the entire life of your Gas Range and it is recommended by Gas Companies, Stove Dealers, Home Economics Bureaus and Gas Range Manufacturers everywhere.

You will find this book a valuable cooking aid. The recipes are carefully selected and sufficient in number and variance to cover the requirements of the average household. By using this book as a guide for the AutomatiCook on your Range, cooking duties henceforth should be a delightful success.

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ROBERTSHAW THERMOSTAT COMPANY

YOUNGWOOD, PA.

"Thermostats since 1899"

THE AUTOMATICOOK BOOK — PRICE PER COPY FIFTY CENTS

COOKING CHART

FOR TIME AND TEMPERATURE OVEN COOKING

LIGHTING THE OVEN:—Set the pointer of the oven control at the temperature desired. When ready to light the oven, open the oven gas valve full and light. As soon as the oven has heated to the temperature required, the oven burner flame will automatically be lowered. The oven is then at a uniform heat and is ready for the prepared foods which may be placed on one or both racks and will bake evenly providing the oven door is not opened during the cooking period. The time required to heat the oven depends upon the temperature desired. 450° should require from 12 to 15 minutes, while 300° should require from 6 to 8 minutes.

ARTICLE OF FOOD	SET TO	PREHEAT OVEN	BAKE OR ROAST	RESET TO	BAKE OR ROAST Additional Time
BREAD, BISCUITS, ETC.					
Bread, Yeast	350° F.		45 to 60 Min.		
Baking Powder Biscuits	450° F.		12 to 15 Min.		
Yeast Biscuits	400° F.		20 Min.		
Muffins	400° F.		25 Min.		
Pop-Overs	450° F.		20 Min.	350° F.	20 Min.
COOKIES, ETC.					
Corn Cake	400° F.		20 to 25 Min.		
Ginger Bread	350° F.		35 Min.		
Vanilla Cookies	400° F.		10 Min.		
Drop Bran Cookies	400° F.		12 Min.		
Molasses Cookies	375° F.		15 Min.		
CAKES					
Plain Cake (sheet or cup)	375° F.		30 Min.		
Loaf Cake	350° F.		45 Min.		
Layer Cake	375° F.		20 Min.		
Fruit Cake (large)	275° F.		3 to 4 Hrs.		
Sponge Cake	325° F.		1 Hr.		
Angle Food Cake	300° F.		1 Hr.		
PIES					
Pastry Shell	425° F.		15 Min.		
Apple Pie	425° F.		35 to 45 Min.		
Rhubarb Pie	425° F.		35 to 45 Min.		
Goose Berry Pie	425° F.		35 to 45 Min.		
Cherry Pie	425° F.		35 to 45 Min.		
Open Cross Cut Pie	425° F.		20 Min.		
Pumpkin Pie	425° F.		20 Min.	325° F.	20 Min.
Custard Pie	425° F.		20 Min.	325° F.	20 Min.
CUSTARDS, ETC.					
Meringue	300° F.		15 Min.		
Puff Paste	450° F.		10 Min.	400° F.	25 Min.
Individual Custards	325° F.		40 Min.		
Large 1 Qt. Custards	325° F.		75 Min.		
POTATOES					
Small Potatoes	500° F.		25 Min.		
Medium Potatoes	500° F.		40 Min.		
Large Potatoes	500° F.		60 Min.		
CASSEROLE DISHES					
Casserole Uncooked Food	350° F.		2½ to 3 Hrs.		
Scalloped Dishes	500° F.		12 Min.		
ROAST BEEF					
Beef Roasts (3 to 4 lb.) (Uncovered—Boned and Rolled)					
Rare	500° F.		Sear 20 Min.	350° F.	45 Min.
Medium	500° F.		Sear 20 Min.	350° F.	1 Hr.
Well done	500° F.		Sear 20 Min.	350° F.	1¼ Hrs.
Beef Roasts (3 to 4 lb.) (Covered—Boned and Rolled)					
Rare	500° F.		Sear 30 Min.	350° F.	50 Min.
Medium	500° F.		Sear 30 Min.	350° F.	1¼ Hrs.
Well done	500° F.		Sear 30 Min.	350° F.	1½ Hrs.
LARGER BEEF ROASTS					
Beef Roasts (5 to 10 lbs.) (Uncovered—Boned and Rolled)					
Rare	500° F.		Sear 20 Min.	350° F.	12 Min. per lb.
Medium	500° F.		Sear 20 Min.	350° F.	15 Min. per lb.
Well done	500° F.		Sear 20 Min.	350° F.	18 Min. per lb.
MISCELANEOUS ROASTS					
Loin of Pork Roast (Uncovered Pan)	500° F.		Sear 30 Min.	350° F.	25 Min. per lb.
Fresh Ham Roast (Uncovered Pan)	500° F.		Sear 30 Min.	350° F.	30 Min. per lb.
Loin of Veal Roast (Uncovered Pan)	500° F.		Sear 30 Min.	350° F.	25 Min. per lb.
Lamb Roast (young) (Uncovered Pan)	500° F.		Sear 30 Min.	350° F.	20 Min. per lb.
Spring Lamb (rare) (Uncovered Pan)	500° F.		Sear 30 Min.	350° F.	15 Min. per lb.
Yearling Lamb (cov'd pan)	500° F.		Sear 30 Min.	350° F.	20 Min. per lb.

Before placing the foods in the oven to cook or bake, be sure that the oven is preheated to the set temperature.
To determine when the oven is preheated to temperature, the burner will reduce automatically from a full flame to a smaller one.
SPECIAL NOTICE: On ranges equipped with clock for complete time and temperature control, disregard instructions for preheating oven.

BROILING INSTRUCTIONS:—Broiling or grilling is done by setting the dial of the AutomatiCook at or beyond 550°; the gas will then flow freely as if no control were used.

With the oven gas valve full open, light the burner and let burn for five or ten minutes before placing food in the broiler as the broiler must be well heated to produce perfect broiling. Always grease wire racks to prevent sticking.

Meats are placed about two inches from the flame and usually require from 5 to 7 minutes for searing each side. Should the meats be desired well done, then reset the AutomatiCook at 250° or below and continue cooking until meat is done. The time will depend on the thickness of the meat.

Fish are broiled in the same manner except they are not turned, but placed on the rack with the skin side down.

Season both meats and fish when removed from the broiler by adding butter, salt and other seasonings as desired. When using a broiler, at all times, except when toasting, about ⅛" to ¼" of water should cover the broiling pan.

GENERAL COOKING INFORMATION

MEASUREMENTS

	EQUAL
16 tablespoons	1 cup
3 teaspoons of liquid	1 tablespoon
1 cup	½ pint
1 cup of butter	½ pound
1 pint of water or milk	1 pound
4 tablespoons of coffee	1 ounce
2 tablespoons of butter	1 ounce
2 tablespoons of sugar	1 ounce
4 tablespoons of flour	1 ounce
1 cupful granulated sugar	½ pound
1 cupful brown sugar	⅔ pound
1 cupful confectioner's sugar	⅓ pound
1 cupful lard	½ pound
1 cupful butter	½ pound
1 cupful flour	¼ pound
1 cupful rye flour	¼ pound
1 cupful rice	½ pound
1 cupful cocoa	¼ pound

SPICES AND FLAVORS

BAY-LEAVES—Flavor particularly good in practically all meat cooking; also in vegetable and meat soups and sauces.

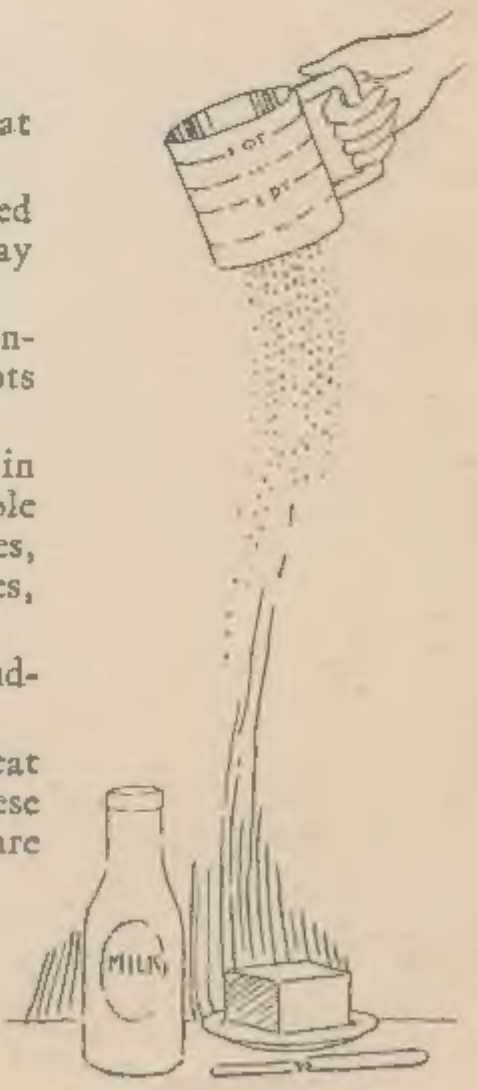
DILL—Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.

MINT—May be used fresh in salads, fruit beverages, jellies, conserves, ices, iced tea, sauces for meats, and added minced to carrots and peas. Good with apple combinations.

PARSLEY—One of the most popular herbs, which may be used in many ways. A favorite garnish. May be used in fruit and vegetable salads, in sandwiches, in all soups and gravies, in meat sauces, minced and added just before serving to practically all vegetables, minced and added to white sauce.

PEPPER GRASS OR CRESS—May be used in green salads and sandwiches.

SAGE—Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf. The flowers are sometimes used in salads.



SPICES AND FLAVORS

TARRAGON—Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in Tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.

SWEET BASIL—Distinct flavor of cloves. May be used for flavoring salads, soups and meats.

ALLSPICE—Sold whole or ground. Better combined with other spices in fruit dishes, cakes, pies, pickles, etc.

CARAWAY—Seeds have a spicy smell and aromatic taste. Used in baked fruit, in cakes, breads, soups, cheese and sauerkraut.

CAYENNE PEPPER—Usually obtained from small fruited varieties of capsicum. It should be of dull red color. May be used in very small amounts in vegetables and in some salad dressings and in cheese dishes. It must be used with care, however, and paprika is successfully substituted.

CLOVES—Should be dark brown in color. Usually used in combination with other spices, which gives a better flavor than cloves used alone. Too much, gives an undesirable color as well as a bitter flavor.

CURRY POWDER—A number of spices combined in proper proportion to give a distinct flavor to such dishes as vegetables of all kinds, meats, poultry and fish.

MACE—The inner envelope of nutmegs. May be used both in "blade" and ground form in soups, sauces, pastry, pickles.

MUSTARD—Young tender leaves are used for greens and for salad. Seeds are used as a ground spice in salad dressings, pickles, sauces, in some vegetable cookery, and in some cheese dishes. Made into a paste and served with meats.

NUTMEG—Sold whole or ground. Gives good flavor, used alone in small amounts, in various soups, meat dishes, pastry and in all dough mixtures. In combination with other spices for pickles.

PAPRIKA—A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads. In soups, both cream and stock, as a garnish for potatoes, cream cheese, fruit salads or eggs.

PEPPER, BLACK—Reduced to proper fineness by grinding and sieving. Used in all meat and vegetable dishes where the color does not affect the product.

PEPPERCORN—The whole berry of the pepper plant.

SPICES AND FLAVORS

PEPPER, WHITE—Practically the same as black pepper except that the outer shell or pericarp of the berry is removed. Used where color of black pepper is undesirable.

CELERY—Every part of the plant can be used to advantage. Stalks and heart may be used raw, plain or with various fillings. Outer stalks may be stewed, scalloped, and in combination to give flavor to other vegetables such as potatoes. Trimmings may be used for flavoring soups or in any cooked meat or vegetable dishes. Dried seeds may be used in pickles and to flavor soups and salads.

CHIVES—Leaves are used in many ways. May be used in salad, in cream cheese, in sandwiches, omelettes, soups, and in fish dishes. Mild flavor of onion.

GARLIC—Vegetable similar to a small onion but with the bulb divided into sections known as cloves. May be used in very small amounts in flavoring meats, soups, sauces, salads, pickles.

HORSE-RADISH—Valuable for its white, fleshy, pungent roots which are grated, mixed with vinegar and used as a condiment for meat, oysters, fish, sauces, and in some kinds of pickle. Young tender leaves may be used in salad or greens.

MUSHROOMS—Have a delicate characteristic flavor. May be used in meat or vegetable dishes, in sauces and soups.

ONION—Popular vegetable which combines in flavor with practically all vegetables, and some fruits, e. g., apple and orange; also with all meat and fish. Tender young tops may be minced and used as a garnish for soups and salads.

PEPPERS—All varieties of green peppers and some of the red peppers may be used to give flavor to most forms of vegetable cookery. The green peppers of mild flavor and thick-meated type are particularly good for stuffing and for salad.

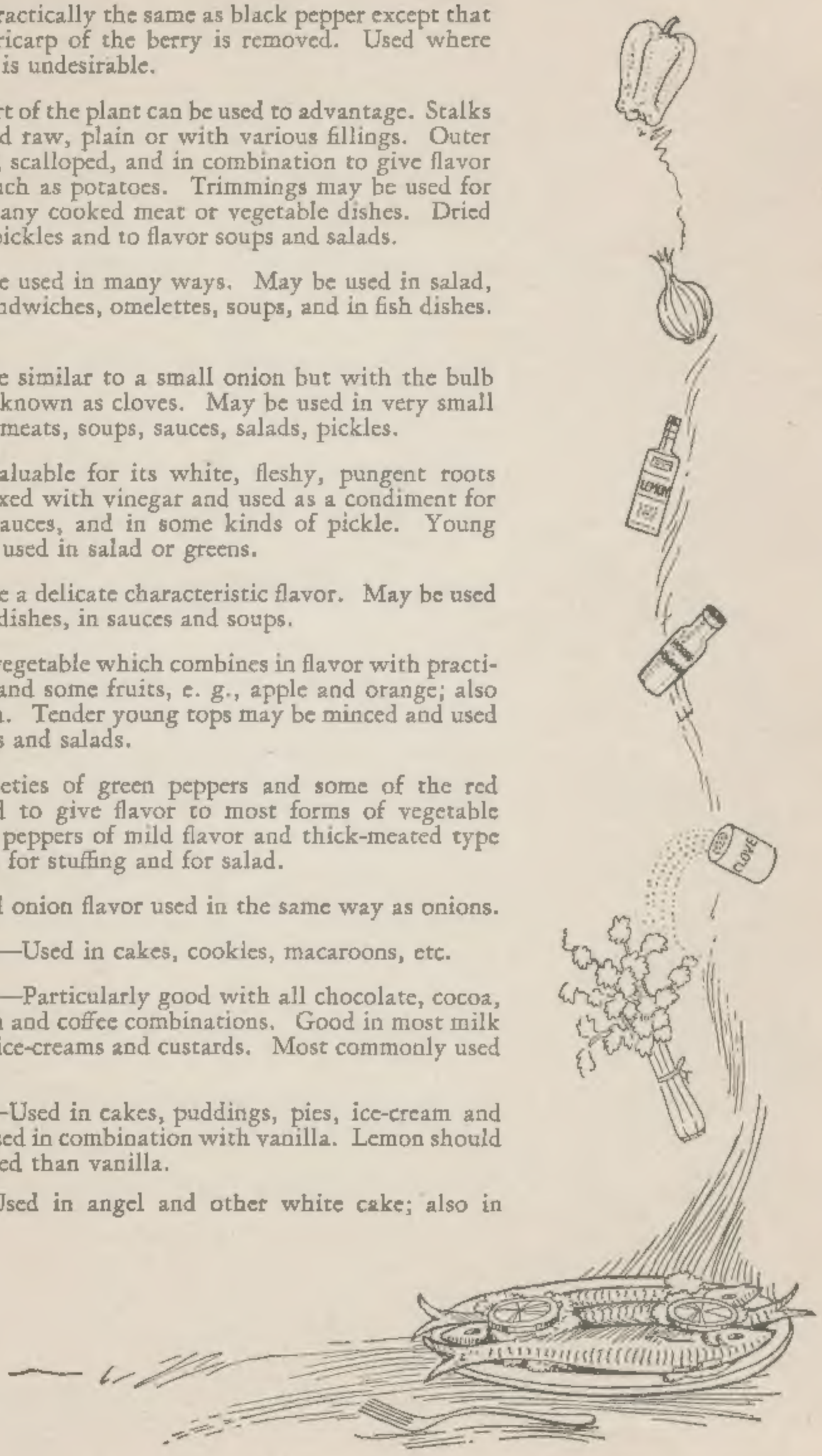
SHALLOTS—A mild onion flavor used in the same way as onions.

ALMOND EXTRACT—Used in cakes, cookies, macaroons, etc.

VANILLA EXTRACT—Particularly good with all chocolate, cocoa, cocoanut, date, raisin and coffee combinations. Good in most milk combinations; e. g., ice-creams and custards. Most commonly used of all extracts.

LEMON EXTRACT—Used in cakes, puddings, pies, ice-cream and candy. Sometimes used in combination with vanilla. Lemon should be more sparingly used than vanilla.

ROSE EXTRACT—Used in angel and other white cake; also in fancy candies.



SPICES AND FLAVORS

ORANGE, PINEAPPLE, STRAWBERRY, RASPBERRY, CHERRY EXTRACTS—Used in desserts, beverages and candies.

WINTERGREEN, PEPPERMINT, GINGER, CINNAMON, CLOVE EXTRACTS—Used largely in beverages and confections.

FRUIT VINEGARS—Blackberry, currant, elderberry, etc., made by steeping the fruit in the vinegar. Used in beverages, ices and sauces.

LEMON—Used instead of vinegar in salads and sauces, when a milder acid is desired or when vinegar is objectionable. Used in beverages, hot or cold. Also in salads, conserves, marmalades, etc. Citric acid is found in lemons, oranges and limes.

TOMATO-JUICE—Used in sauces to serve with bland foods, such as potato croquettes, or with foods having distinctive flavor, such as fish, also in beverages.

VINEGAR—Preservative for all pickling of vegetables and fruit. To give zest or tang flavor to salad dressing; for meat, fish and vegetable sauces. Tarragon vinegar is made by steeping one cup of tarragon leaves in five cups vinegar. (Cool, strain and bottle).

TERMS DESCRIBING METHODS OF MIXING FOOD

STIRRING—Food is stirred by a rotary motion of the arm. Its purpose is to mix thoroughly all ingredients.

BEATING—Food is beaten when the motion in mixing brings the contents of the bottom of the bowl to the top and there is a continual turning over and over of a considerable part of the contents of the bowl. Its purpose is to enclose a large amount of air.

FOLDING AND CUTTING IN—Two foods are blended by putting the spoon or egg-whip vertically down through the foods, turning it under the mass, and bringing it vertically up. This process is repeated until the mixing is complete. Its purpose is to prevent the escape of air or gases that have already been introduced into the mixture.

KNEADING—A stretching motion applied to doughs when more flour is to be added than can be either stirred or beaten into the mixture; or used to make a dough smooth and even in consistency.

LARDING—A process of inserting match-like strips of salt pork about one-fourth inch in thickness, into a dry meat or fish. These strips are called lardons, and are inserted into the meat either by making an incision in the meat and laying the lardon in the slashing or by the use of a larding-needle. The pork is clamped into one end of the needle and is threaded into the meat, as in any sewing process.

TERMS DESCRIBING METHODS OF MIXING FOOD

SAUTEING is cooking in a small quantity of fat. The article to be cooked must be shifted from side to side to come into contact with the fat.

BRAIZING is a combination of stewing or steaming with baking. The food to be braized is first stewed or steamed and then baked.

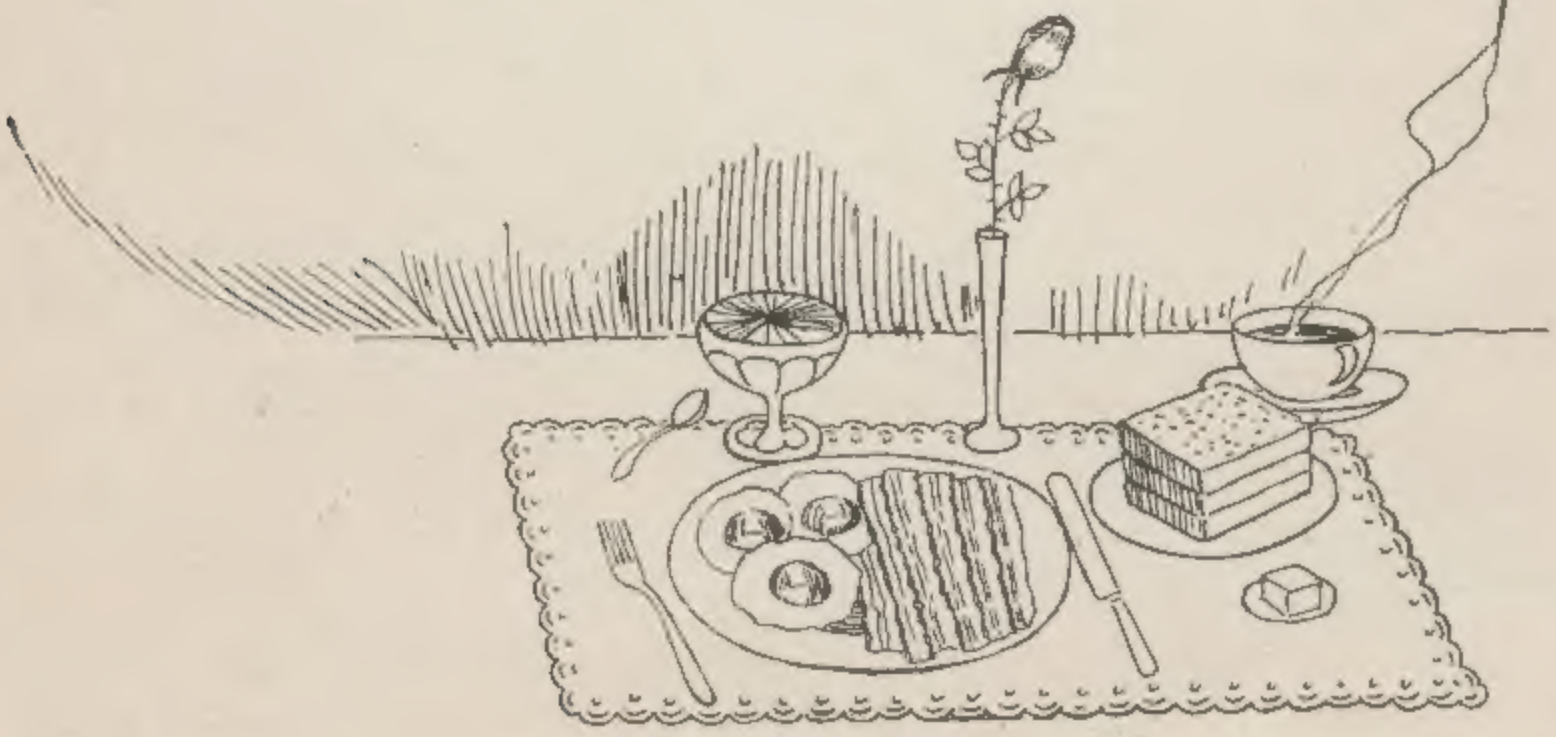
FRICASSEEING is a combination of sauteing with stewing or steaming. The food to be fricasseed is first sauted, then stewed or steamed.

FRYINGS

In many households where it is the custom to serve bacon for breakfast, bacon fat accumulates. This may be clarified and used as shortening in making biscuits or pie crust. To clarify; for each pint of fat add a medium sized potato cut into quarter-inch slices. Heat gradually. When the fat ceases to bubble and the potatoes are well browned, strain the fat through several thicknesses of cheese cloth and set away to cool.

SAVORY FAT

For each pound of clarified fat use a medium onion, a small sour apple and one teaspoon of chopped parsley, dried or fresh, and a few celery leaves. Melt the fat in a double boiler, add the onion and apple, whole, and the herbs. Cook in the double boiler until the onions and apples are thoroughly cooked. Strain the fat through cheese-cloth. When the fat begins to harden, a brisk beating with a wooden spoon improves it in texture and color. Savory fat will be found to be well seasoned and to have a very agreeable flavor. It may be used for spreading on bread, for croutons, for seasoning vegetables, as shortening, and in other general ways. It is good for deep fat frying of meats.



BREAD MAKING

Directions for Bread Making

Scald all Liquids: All liquids should be scalded to insure the destruction of micro-organisms which might interfere with the action of the yeast plant.

Add fat, sugar and salt to the hot liquid and let it cool until it is lukewarm.

Add the yeast cake, which has formerly been softened in about ¼ cup of water, to which may have been added one teaspoon of sugar.

Add the Flour: The flour should always be sifted before measuring, unless it is graham flour. For mixing flour into dough, there are two methods as follows:

(1) The Sponge Method: Add one-half of the flour to the liquid and yeast mixture and beat thoroughly. Set this batter in a warm place until it is light. When light, add the remainder of the flour or enough to make a dough of the desired stiffness, then knead thoroughly until it will not stick to the board.

(2) The Straight Dough Method: Add to the mixture of liquid and yeast, all of the flour to be used or a sufficient amount of the flour to make a dough of the desired stiffness. Then knead thoroughly until it no longer sticks to the board. This Straight Dough Method is the one which may always be used with compressed yeast.

To Knead Bread: The dough should be pressed away with the palm of the hand. Stretch the dough from the edge, folding the back edge over to the center. In pressing the dough away with the palm of the hand, exert sufficient force to cause the part which has been folded over to adhere to the mass under it, and repeat this folding. The dough should be turned one-quarter around and the kneading repeated. Continue turning, folding and kneading until the dough is quite smooth and elastic and so that it will not stick to an unfloured board.

The First Dough Rising: Place the dough into a receptacle which has been greased and one that is large enough to hold at least three times the bulk of the dough. The top of the dough should be greased and the receptacle covered and set in a place warm enough to cause rising of the dough. The dough should then be allowed to rise until it is three times its bulk.

BREAD MAKING

The Second Dough Rising: After removing the dough from the receptacle, bring the top part around to the under side and fold the edges together, leaving a ball-shaped mass which is round and smooth on its upper surface. Bread which has been carefully shaped in this manner generally gives a much better product than if the dough has been rough and seamy. Place the dough back into the receptacle, grease the dough, place a cover on the receptacle and again place it in a warm place to rise. While this second rising is not absolutely essential, it is well worth the time and effort required, for the reason that it improves both the texture of the bread and its flavor.

Loaves should be shaped and placed in greased pans: Shape the loaves by folding the sides of the piece of dough under while pressing the dough in order to lengthen it. The top should always be kept perfectly smooth and the under side should have the only crease. This creased under side should be placed at the bottom of the pan. Grease the dough, cover it and set in a warm place to rise until it is twice or three times its bulk.

The Burner may be lighted and the oven preheating when loaves have just about risen to their proper size.

Bread Baking: An average size loaf of bread should be baked at an oven temperature of 350° for about 45 to 60 minutes. A moderate heat for 60 minutes produces better bread than a hot oven for 30 minutes. Bread is baked to complete its rising, to kill the yeast plants, to drive off the carbon dioxide and alcohol, to dextrinize the crust, to harden the cell walls of the crumb and to develop and produce the required flavor. The bread baking process is divided into four periods:

In the first quarter the dough continues to rise.

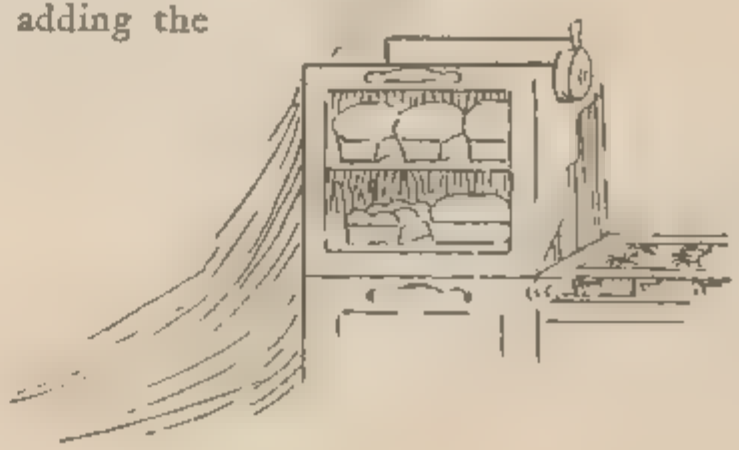
In the second quarter the dough crusts over and browns slightly.

In the third quarter the center of the loaf bakes and the crust continues to brown.

In the last quarter the loaf shrinks from the sides of the pan and should then be browned evenly over its entire surface.

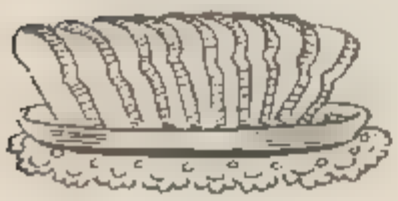
The Care of Bread after Baking: Bread should be taken from the pans as soon as it is removed from the oven and placed on racks or across the pans permitting circulation of air around all sides. A quick cooling prevents the loss of moisture. A soft bread crust is secured by greasing the tops of the loaves just as soon as they are removed from the oven. It is only possible to secure a crisp crust by not greasing the crust and not covering the bread.

The continued warmth necessary for the growth of yeast is sufficient to sour the milk but to kill the lactic acid bacteria in the milk, it must first be scalded and then cooled before adding the yeast.



STANDARD WHITE BREAD

2 cups scalded milk or hot water
½ teaspoons salt
1 teaspoon to 2 tablespoons sugar
None to 2 tablespoons fat
½ to 2 compressed yeast cakes softened in ½ cup lukewarm water
6 to 8 cups sifted flour (enough to make a dough)
(Above amounts will make 2 large loaves)



Scald milk or heat water, add salt, sugar and fat and cool When lukewarm add the softened yeast Add flour to make a stiff batter, beating well Add remainder of flour, enough to make a firm but not stiff dough. Mix and turn on to a floured board. Knead until the mixture is smooth and elastic, and until it does not stick to the hands or to the unfloured board Place in a greased bowl, brush over top with melted fat. Cover and set in a warm place to rise. When it has almost trebled in bulk, fold it under and let it rise again. When light, shape into loaves about one-third size and put into greased bread pans. Let rise until almost treble in bulk. Preheat oven. Bake at 350° for 45 to 60 minutes. Remove from pans to cool. Bread that is properly made and baked should keep from five to ten days in a clean well-aired bread box.

ENTIRE WHEAT BREAD

2 cups warm water
1 cake compressed yeast
1 tablespoon salt
3 tablespoons brown sugar
3 tablespoons lard
1 cup white flour
4½ cups whole wheat flour

Dissolve the yeast in a little of the water. Put the remaining portion of the water in mixing bowl. Mix the white flour, sugar and salt together and stir into the liquid, being careful to keep free from lumps. Add the shortening and the dissolved yeast. Add the whole wheat flour, a little at a time, knead until smooth and elastic. Cover and set in a warm place to rise until twice its bulk. Knead down and let rise again, but not quite so light as before. Make into two loaves, raise to about double again, preheat oven and bake at 350° for 45 minutes.

SALT RISING BREAD

To 1½ cups of warm water (about 110° F.) add one teaspoon salt, one teaspoon sugar, two tablespoons corn meal, and flour to make a batter the consistency of griddle cake batter. Set the bowl containing this in a closed vessel, half full of moderately hot water, (not scalding). Keep the temperature as nearly even as possible Add a tablespoon of flour once or twice during the fermentation. This should become very light in about six hours. Sift flour into a pan, make an opening in the center and pour in the yeast or rising. Add one quart of warm water, salted, and not too hot. Stir rapidly into a pulpy mass with a spoon, cover closely and keep warm for an hour. Knead into loaves adding flour enough to make a proper bread consistency. Place in warm well oiled pans, cover closely until light. Preheat oven. Bake at 350° for 45 to 60 minutes. (Above amounts will make 1 large or 2 small loaves.)

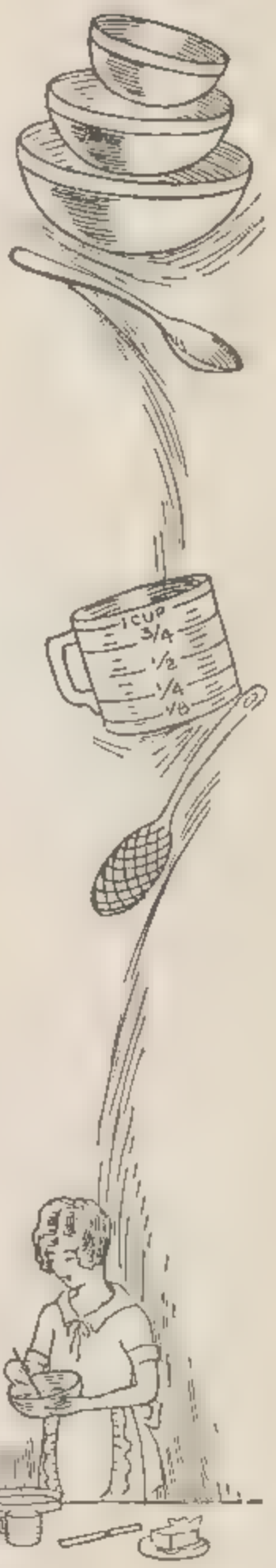
SNOWFLAKE YEAST BISCUITS

Scald: 1 cup milk, over hot water, add 2 tablespoons sugar, ½ tablespoon salt, 2 tablespoons shortening. When lukewarm add 1 cake yeast, when dissolved add 1½ cups bread flour. Beat thoroughly and let rise. Add 1 to 2 cups flour or enough to knead nicely. Roll ½ inch thick, cut with oval cutter, brush with butter, preheat oven, fold over and bake at 400° for 20 minutes. Rolls of many designs can be made from this dough.

CAKES, FILLINGS, ICINGS

As an aid in Cake Making, the following utensils are listed for convenience, ease and accuracy:

Mixing Bowl
Wooden Spoon
Wire Egg Beater
Spatula
Measuring Spoon
Measuring Cup
Baking Pans
Wire Rack
Temperature Controlled Oven



Measurements given are always considered as level measurements

Use mixing bowls as other shapes make it difficult to mix the ingredients thoroughly and quickly.

Wooden mixing spoons are soft and will not chip the bowls, should enameled bowls be used.

The spatula should have a very thin and flexible blade, so that it will readily conform to the shape of the bowl.

Measuring spoons and cups are standard for all recipes and should always be level measurement.

The baking pans should be smooth and bright and kept in this condition by cleaning with fine steel wool and soap.

Wire racks should be used to cool the cakes and be sure to have the rack large enough to support the cake when inverted for cooling.

Measure all ingredients accurately. A measuring cup should hold one-half pint. Measure flour after once sifting, fill the cup by using a spoon, do not pack the flour and level off the cup with a knife or spatula.

Have pans ready and ingredients measured before beginning the mixing of the cake

Cake pans should be kept scoured smooth and bright, and greased with butter if a deliciously flavored cake is wanted.

Always fill the pans two-thirds full of batter to allow for the proper rising of the batter.

Always work the butter to a cream before adding the sugar to it. In cold weather, rinse the bowl with hot water before putting the butter into it, then add sugar, small amounts at a time and cream until the mass resembles whipped cream. This is the secret of the smooth, velvety cake.

The eggs should be strictly fresh and if the whole egg is used, it should be dropped into the batter whole and beaten briskly for about one minute after the addition of each egg. The flour and liquid should be added alternately, beating lightly after each addition, just enough to insure smoothness of the batter.

CAKES, FILLINGS, ICINGS

A cake may be gently moved during the first and last quarter of the baking time. In the second and third quarters the cell walls are not firm and a jar will cause them to settle.

The oven should first be preheated to the desired temperature, the cake baked the required length of time, with no shifting of pans or peeping into the oven. When the required baking time has elapsed and the cake is finished baking, remove to wire racks and let cool enough to handle before removing from the pans. Then invert cake on wire rack and let it finish cooling before building up with filling or icing.

You can determine positively when a cake is finished baking by listening to it. Should a noise like small bubbles cracking be detected, the cake is not finished and should be left in the oven until quiet, then removed immediately, a finished product.

CAKE TROUBLES EXPLAINED

Heavy cakes are sometimes caused by too slow an oven, or by the use of too much sugar or shortening.

Coarse-grained cakes are the result of too much leavening ingredients, too slow an oven, insufficient creaming of shortening and sugar or insufficient beating of batter before addition of egg whites.

Large holed angel cakes are occasioned by insufficient blending of egg whites with the other ingredients, too little sugar or too fast an oven might produce the same effect.

When a cake "falls" it is occasioned by an insufficient quantity of flour or rising ingredients, by excess temperature or from moving it in the oven after the cake has risen and before the cell walls have become fixed or firm by the heat.

A cake is bready and solid when too much flour has been used.

When too much heat is used a cake presents an uneven surface, crusts over the top before the mixture has risen to its full height and bursts at its weakest place which is usually the top.

A heavy streak at the bottom of a loaf cake is usually caused by using too many egg yolks in proportion to other ingredients, or by baking the cake in too slow an oven.

Home made cake is a real food. Represented in most cakes are the food elements from which our meals are chosen, the carbohydrates in the flour and sugar, protein in eggs, milk and flour, fats in butter and milk and the minerals in the eggs and milk.

For a perfect cake select only the choicest materials. Let the flour, the foundation of the cake, be the best adapted for cake making. Eggs should be strictly fresh, that they may have strength to hold up. The sugar should be fine granules. If it is coarse, sift to remove all coarse granules. Butter gives the best flavor, but other substitutes may be used though not quite so tasty.

The burner may be lighted and the oven preheating while the cake is being mixed.

BUTTERLESS CAKES

ANGEL FOOD — GOLD — SPONGE

It is truly said of these cakes, "Half the making is in the Baking".

These cakes should stand from one to three days in a covered container to ripen and are really better the third day than they are the first day.

The pans in which these cakes are baked should not be greased as they cling and climb while cooking.

Beating and folding are the two motions used in making sponge cakes.

Do not attempt to take any butterless cakes from the pan immediately upon removal from the oven. They must be inverted and cooled in a hanging position. Invert the pan and let the cake stand usually for about an hour to cool, and it is well to let them remain in the pan until ready for use. Whenever removed however, a thin coating of icing should immediately be applied to hold the moisture within the cake.

When serving these cakes, tear them apart with a fork—and this can be done in uniform pieces if care is used. This method of separation gives the pieces of these cakes a more cottony, fluffy and attractive appearance.

One cup of egg whites is usually considered the whites of 8 eggs.

ANGEL FOOD CAKE

1½ cups egg whites
1½ cups fine granulated sugar
1 cup flour
teaspoon cream of tartar
½ teaspoon salt
1½ teaspoons vanilla
4 drops almond

It is very essential with the combined ingredients given for this angel food cake that it be baked at a low oven temperature. When finished baking, should this cake not be as brown as desired, raise the oven temperature to 350° and allow the cake to remain in the oven from 3 to 5 minutes longer; never over 5 minutes.

Add salt to eggs and beat until foamy. Add cream of tartar and beat until whites will hang to whipper. Add flavoring. Then add sugar quite slowly in the same manner as in making mush, by taking handful and letting it sift slowly through the fingers. Then fold in the flour and bake in ungreased large-size angel pan.

When finished baking, remove from the oven, invert the pan and let cool in hanging position. The cooling will require at least an hour or more. Do not remove from the pan until ready to use, unless the cake is to be covered with icing. The icing may be a Fluffy icing or one made with confectioner's sugar. See Page 19 for Icings.

Angel cakes may be colored any delicate shade and are very attractive in pastel shades to carry out color schemes when serving for parties.

Angel cakes should not be used the same day they are baked, but should stand at least 48 hours to ripen.

Black angel food cake is made by deducting ¼ cup of flour and substituting cocoa. Chopped nuts or chopped candied cherries may be used. If maraschino cherries are used they should be drained, halved or quartered and dried on a towel, then thoroughly floured.

Preheat Oven. Bake this recipe at 300° for one hour. Angel food cakes having more flour than this recipe should be baked at 320° for one hour.

GOLD CAKE

½ cup butter
1¼ cups sugar
6 yolks of eggs
2½ cups flour
3 teaspoons baking powder
¾ cup cold water
1 teaspoon orange or lemon extract or grated rind.

A good cake to be made with yolks of eggs that are left from angel cake.

Cream butter add sugar gradually, then the yolks of eggs—beaten until thick and lemon colored. Sift flour and baking powder until light and add to mixture alternately with liquid, then add flavor and beat very thoroughly. Preheat oven. Bake in loaf at 350° for 45 minutes. Invert to cool.

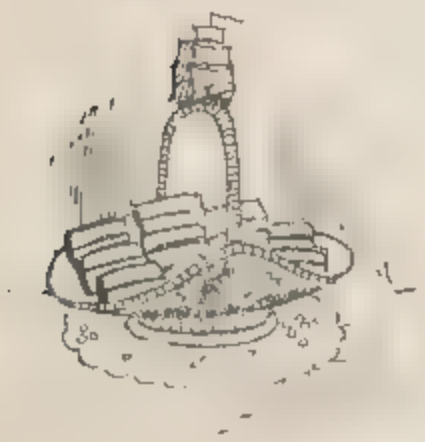
SPONGE CAKE

(No Baking Powder or Cream of Tartar Used)

6 egg whites
6 egg yolks
¼ teaspoon salt
3 tablespoons lemon juice
1 cup pastry flour
1 cup sugar
2 teaspoons grated lemon rind

Beat the egg yolks until thick and lemon colored. Gradually beat in one half the sugar Add the lemon juice and grated rind. Beat the whites until frothy, add the salt, beat until stiff and beat remaining sugar into the whites, using a wire whisk. Gradually sift the thrice sifted flour into the egg yolk-sugar mixture, alternating each addition of the dry ingredients with one of the egg white mixture. Mix these in by cutting and folding with a spatula or egg whisk. Preheat oven.

Bake at 320° for 1 hour. Remove from oven and let cake hang inverted in the pan until cooled.



SPONGE CAKE

Hot Milk Sponge Cake

2 cups sugar
4 eggs
2 cups flour
2 teaspoons baking powder
1 cup hot milk
2 teaspoons grated lemon rind of thick skinned lemon

Break eggs in bowl and beat until very light and creamy. Add sugar gradually, beating all the while. Add milk in small amounts at a time with continued beating. Add flavor and fold in flour. Preheat oven.

Pour into angel cake pan Bake at 320° for 1 hour When baked, remove from oven, invert and let cool in a hanging position which usually requires about an hour's time. This cake is exceptionally nice when iced with Uncooked icing, Page 19; the icing to be flavored with grated lemon rind.

LADY BALTIMORE CAKE

½ cup butter
1 cup sugar
3 egg whites
2 cups flour
3 teaspoons baking powder
½ cup milk
1 teaspoon vanilla
½ teaspoon almond

The Lady Baltimore cake is especially appealing to a great many people. It is made with very thin layers and is supposed to have about equal amounts of filling and cake It should also have a frosting. This cake should not be served after a heavy meal as it is practically a meal in itself.

Especially made pans may be used for this cake, which pans are about ½ inch in depth. If this cake is to be served with a heavy meal, use sponge cake batter, see next page. Preheat oven. Bake at 375° for 15 to 20 minutes, according to depth of pan.

LADY BALTIMORE CAKE– (Continued)

Filling

Use Fluffy Icing recipe (Page 19) but make three times the amount of the recipe, saving about one-third for the frosting. To the balance add the following chopped ingredients for the filler

1 cup seeded raisins or puffed raisins
1 cup nuts
1 cup dates or other fruit which will blend well.

Sponge Batter for Lady Baltimore Cake

11 egg yolks	2½ cups flour
2 cups sugar, powdered	3 teaspoons baking powder
1 cup boiling water	Flavoring

Preheat oven. Bake at 350° for 1 hour. This temperature is necessary due to the many egg yolks used.

WHITE LAYER CAKE

A Foundation Used for Many Cakes

Cream butter thoroughly, add sugar in small amounts at a time, creaming all the while until the appearance is like whipped cream. Then add about one-half of the egg white (unbeaten) and beat until all is very light and fluffy. Add balance of the egg white and beat as before, as this beating is the secret of a wonderful cake.

Sift all the dry ingredients several times. Add about one-third of the flour and water at one time, beating until the batter is smooth, then add another one-third of the flour and water, beat batter again until smooth, then add the remainder of the flour and water and beat until smooth. Add the flavoring with the liquid. Preheat oven.

Bake this in layer cake pans at an oven temperature of 375° time, 20 to 25 minutes.

OLD FASHIONED MARBLE CAKE may be made by using the above recipe, dividing the batter, adding to one half of the batter, 2 oz. melted chocolate, ½ teaspoon cinnamon, ¼ teaspoon cloves and ¼ teaspoon soda. Place in pan in marble fashion—the batter mixed by adding a few spoonsful of dark and a few spoonsful of light.

CHOCOLATE, COCOANUT and many kinds of cake may be made by using this recipe for the foundation and using the Fluffy Icing recipe, Page 19, for foundation icing—adding to it, chocolate, cocoanut, nut meats, etc., to correspond with the cake.

¼ cup butter
1½ cups sugar
½ cup egg whites
3 cups flour
1 cup water
3 teaspoons baking powder
1 teaspoon vanilla, or any desired flavor

SHEET CAKE

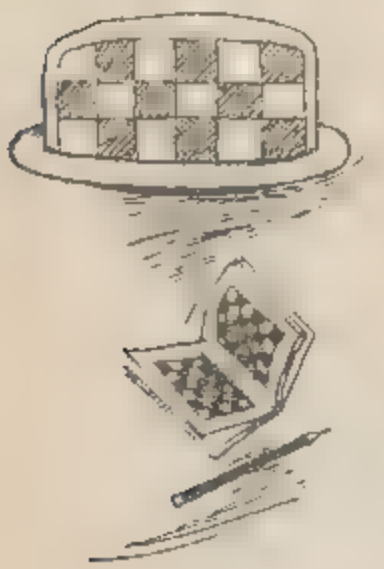
This cake is very nice to leave in the pan, ice with an Uncooked icing, Page 19. Cut in squares and use as wanted. The cake may be colored and the icing colored correspondingly. This cake should be mixed the same as any other layer cake. Preheat oven.

Bake in a sheet pan 8″ x 10″ x 2″ at an oven temperature of 375° and for 30 minutes' time.

¼ cup butter
1 cup sugar
2 eggs
½ cup cold water
2 cups flour
2 teaspoons baking powder
1 teaspoon vanilla
½ teaspoon almond

CROSS-WORD PUZZLE CAKE

1 cup butter
2 cups fine granulated sugar
3/4 cup egg whites
1 1/2 cups water
4 cups flour
6 teaspns baking powder
1 1/2 teaspns vanilla extract
1 teaspn orange extract



This recipe is also very delicious for plain white cake

Cream butter, add sugar gradually and cream until fluffy. Add egg whites unbeaten, small portion at a time, creaming after each portion added, until fluffy. Add flavoring. Sift flour and baking powder several times. Add flour and water, about one-third at a time to the above mixture, creaming thoroughly after each addition.

Divide batter into two equal parts and add any color preferable to one half the batter. Melted chocolate for brown. Cake colors such as red, yellow, blue or green may be used. Pink or blue for birthdays. Yellow for Easter. Green for St. Patrick's Day, etc.—the coloring serves to dress up this old-fashioned cake.

To put cake in pans, use three square pans about 8" x 8" x 1¼". Place six strips of batter across each pan, alternating the light and dark. Preheat oven. Bake at 375° for 20 to 25 minutes.

To build cake, place layers on top of each other with frosting between strips all running same direction. Put light strip upon dark strip or vice versa. In cutting this cake, cut crosswise of strips. This is usually marked in some manner before the cake is completely covered with icing. Use Fluffy Icing recipe, page 19, but double it for this cake. If desired, the icing may be made in two shades or colors to correspond with the cake. The cake marked in squares and the icing so placed in the squares to conform with inside of cake.

POUND CAKE

½ pound butter
½ pound sugar
1 pound flour
5 eggs
¼ teaspoon nutmeg

Cream butter and sugar until foamy. Add eggs, one at a time, beating after the addition of each egg until very light. Add flavor and fold in flour. Preheat oven. Bake in loaf at 325° for 1⅓ hours.

SPECIAL WATER CAKE

½ cup butter
1½ cups sugar
3 whole eggs
2½ cups flour
3 teaspns baking powder
¾ cup cold water
1½ teaspoons vanilla
½ teaspoon grated orange rind

Cakes made with water are of finer texture than those made with milk. Various cakes may be made from this delicious batter by using different fillers or icings.

Cream butter, add sugar gradually, creaming all the while until fluffy. Beat in eggs one at a time until fluffy. Add flavoring.

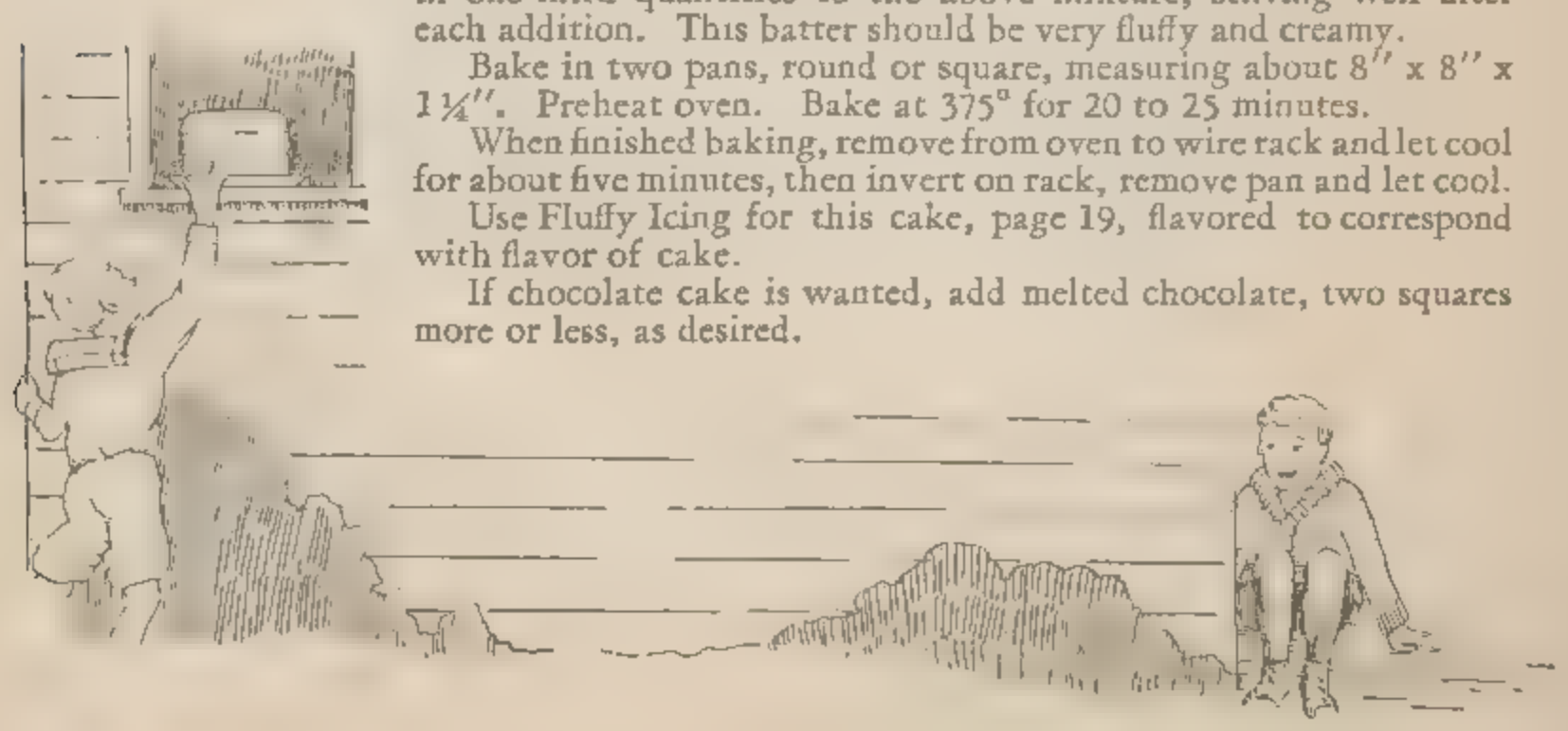
Sift flour and baking powder several times. Add flour and liquid in one-third quantities to the above mixture, stirring well after each addition. This batter should be very fluffy and creamy.

Bake in two pans, round or square, measuring about 8" x 8" x 1¼". Preheat oven. Bake at 375° for 20 to 25 minutes.

When finished baking, remove from oven to wire rack and let cool for about five minutes, then invert on rack, remove pan and let cool.

Use Fluffy Icing for this cake, page 19, flavored to correspond with flavor of cake.

If chocolate cake is wanted, add melted chocolate, two squares more or less, as desired.



VELVET SPICE CAKE

½ cup butter
2 cups light brown sugar
3 whole eggs
1¾ cups flour
½ teaspoon soda
1 teaspoon baking powder
½ teaspoon salt
2 teaspoons cinnamon
1 teaspoon cloves
¼ teaspoon nutmeg
1½ teaspoons vanilla
½ cup sour milk

Sift flour, soda, baking powder, salt and spices together several times.

Cream butter, add sugar gradually and cream thoroughly. Add eggs, one at a time, beating thoroughly after the addition of each egg. Add flavoring, sour milk and about one-half the amount of flour. Stir thoroughly, add balance of flour and stir until smooth. Bake in sheet cake or two layers in pans 8" x 8" x 1¼". Preheat the oven and bake at 375° for 20 minutes. A splendid icing for this cake is made by adding 2 tablespoons of brown sugar to the Fluffy Icing recipe, Page 19.

PINEAPPLE DELIGHT CAKE, or
Upside Down Cake

"Upside Down" is a very fitting name for this cake, as the top dressing or decoration for this cake is put in the pan first and presents a very attractive and dressed up appearance when the cake is turned out. This kind of cake is also known to some, as "Skillet Cake." By baking this cake in a pan, it will cut more attractively for serving. Pineapple Delight Cake should be removed from the pan before it is entirely cool in order that the glazed fruits will come out unbroken.

In selecting a pan for this cake it will be well to remember that a pan 8" x 16" x 2" will permit 8 slices of pineapple to be laid flat, and therefore enough to serve 8 persons.

For the batter, use the "Special Water Cake" recipe, Page 16.

Place butter ⅜" thickness over the bottom of the pan. Add a like amount of brown sugar. Then place the sliced pineapple which has been drained, on top of the butter and sugar, being careful to space the slices of pineapple evenly. Raisins may be spaced around the edges of the slices of pineapple for a border. A maraschino cherry may be placed in center of each slice of pineapple, then the cake batter poured over this and baked. This cake is even more delicious when served with whipped cream.

Preheat the oven, then bake at 375° for 30 to 35 minutes.

DARK FRUIT CAKE

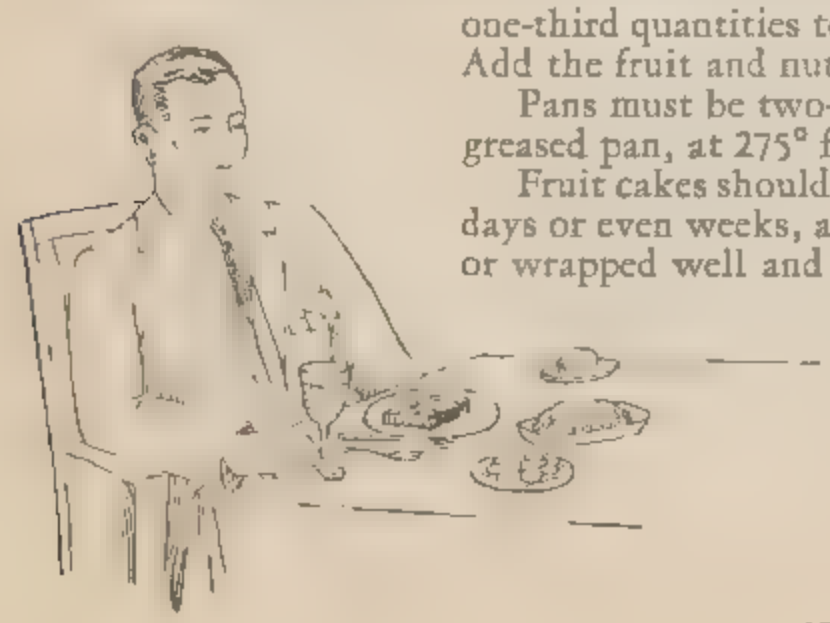
1½ cups light brown sugar
1 cup butter
2 eggs
½ cup milk
½ cup molasses
4 cups flour
1 teaspoon salt
1 teaspoon soda
½ teaspoon nutmeg
2 teaspoons cinnamon
1 teaspoon cloves
1 teaspoon allspice
1 teaspoon lemon (extract or grated rind)
2 cups raisins
1 cup currants
½ cup candied cherries
1 cup nut meats
½ cup citron (if desired)

This recipe calls for only two eggs yet the product is excellent.

Pour hot water over fruits, wash thoroughly and dry on towel. Chop candied cherries and nut meats into coarse pieces. When chopped too fine they lose their flavor.

Sift flour, soda, salt and spices several times together. Use about one cup of this flour to dredge the fruits and nuts thoroughly to prevent sinking to bottom of cake.

Cream butter and sugar thoroughly. Add eggs and again cream well. Stir in the molasses. Add the flour mixture and the milk in one-third quantities to the above, stirring well after each addition. Add the fruit and nuts with the last addition.



Pans must be two-thirds full of batter. Preheat oven. Bake in greased pan, at 275° for 3 to 4 hours.

Fruit cakes should not be used for some time after they are baked, days or even weeks, and should be placed in a stone jar and covered or wrapped well and placed in a tightly covered box.

1 cup butter
1 cup brown sugar
2 eggs
½ cup coffee
1 cup molasses
Juice of 1 lemon
2 cups flour
1 teaspoon soda
1 teaspoon cream tartar
1 pound currants
1 pound raisins
½ pound citron
1 cup nutmeats
Grated rind of 1 lemon and 1 orange
1 teaspoon cinnamon
½ teaspoon cloves
1 teaspoon nutmeg
½ teaspoon salt

SPECIAL FRUIT CAKE

Mix ingredients the same as for the dark fruit cake on preceding page, preheat the oven and bake at 275° for 1½ to 2 hours.

3 whole eggs
[illegible] cup sugar
½ cup milk
1 cup flour
1 teaspoon baking powder
½ teaspoon salt
1 teaspoon lemon flavor

JELLY ROLL

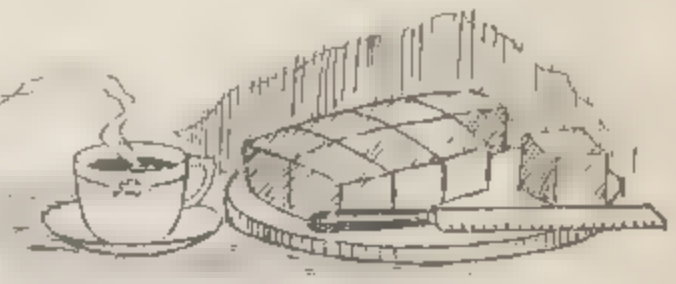
It is preferable to use spring wheat flour for this cake.

Sift flour, baking powder and salt together. Beat eggs until very light and lemon colored.

Add sugar, small amounts at a time and cream thoroughly. Add milk and flavoring and fold in flour.

Bake in a greased pan [illegible] pan to measure about 11" x 6" x 1". Pre heat oven. Bake at 375° for 20 minutes.

Turn out on a towel having ⅛" of confectioner's sugar sifted on it. Spread with jelly or Fluffy Icing, page 19, and roll. Should a chocolate roll be preferred, deduct ¼ cup of the flour and add ¼ cup of cocoa.



1 cup sugar
2 tablespoons butter
2 whole eggs
½ cup milk or water
2 cups flour
3 teaspoons baking powder

QUICK COFFEE CAKE

Cream butter and sugar. Add one egg at a time and beat after adding each egg for about 1 minute. Add dry ingredients. Sprinkle over top with sugar, cinnamon, chopped almonds or nut meats.

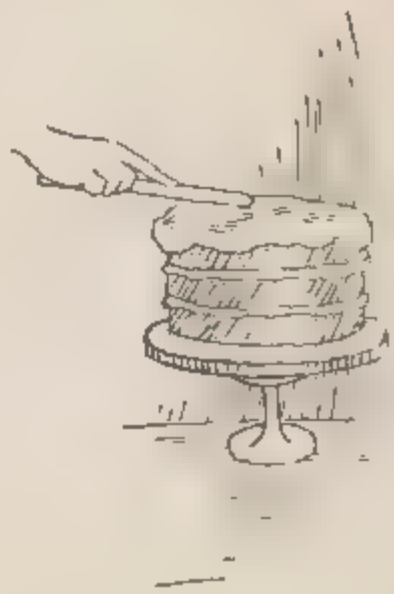
Preheat the oven and bake at 375° for 30 minutes.

FAVORITE FLUFFY ICING

1 cup sugar
½ cup boiling water
¼ teaspoon vinegar
2 egg whites
¼ teaspoon flavor

Follow these directions exactly in order to have a perfectly delicious, soft, spongy icing; one that will not crumble or peel from the cake.

Place sugar, vinegar and boiling water in vessel and stir until sugar is thoroughly dissolved. Place on fire to boil until it forms a soft, sticky ball in cold water or is 238° by thermometer. Do not stir while boiling. Pour slowly, boiling hot, over egg whites which have been beaten stiff and dry, beating slowly all the while until the icing becomes cool. Add any flavor or color desired, corresponding with the cake.



If chocolate icing is wanted, add a small amount of melted chocolate to the above icing after it has been finished and cool.

If cocoanut icing is wanted, sprinkle cocoanut over icing when spreading it on the cake.

If icing is wanted for spice cake, add two heaping tablespoons of brown sugar to the above recipe. Add this to the white sugar and proceed with recipe.

Maraschino cherries, red or green in color, are attractive in this icing. They should be lifted from bottle, cut into small pieces and drained on a towel before putting them in the icing.

UNCOOKED ICING

1 to 1½ cups confectioner's sugar
2 tablespoons hot milk or more
½ teaspoon butter
¼ teaspoon vanilla

This is made by using confectioner's sugar and hot milk. Heat the milk hot but do not bring it to the boiling point. By using the milk hot it prevents the raw taste of the sugar. Use enough milk to give a very smooth effect to the sugar, then finish by beating thoroughly. Add few drops of flavor. Have icing thin to spread evenly on cake. Generally used for sheet cakes, cup cakes, etc. If cream is used in making this icing, do not add butter.

CARAMEL ICING

2 cups light brown sugar
½ cup hot water
½ cup pure cream
½ teaspoon vanilla

Cook all until at soft ball stage or 238° thermometer. Take from fire, let stand until cool, then beat until creamy. Dark brown sugar often causes curdling. Do not stir while cooking.

For MOCHA FROSTING add coffee instead of water.

FILLINGS FOR CAKES

CREAM FILLING

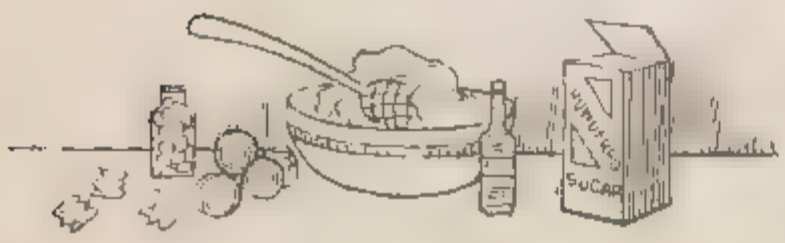
1 tablespoon cornstarch
1 cup milk
1 egg yolk
⅛ teaspoon salt
1 teaspoon vanilla
2 tablespns. confectioner's sugar
½ teaspoon butter

Mix the cornstarch with two tablespoons of the milk. Heat the rest of the milk in a double boiler and stir the cornstarch paste slowly into it. Stir the mixture until it is smooth and cook it slowly for 15 minutes. Add the beaten egg yolk and cook two minutes longer. Remove from fire and add the salt, sugar and butter. Beat well. Add flavoring. Cool before spreading on layers of cake.

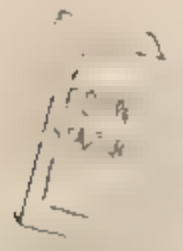
FIG AND RAISIN FILLING

½ pound figs
½ pound seeded raisins
½ cup water
½ cup sugar

Chop figs and raisins. Cook in the water until the figs are tender. Add sugar and cook slowly until it thickens. Cool before using.



PIES, FILLINGS, CUSTARDS



Single pie crusts should be baked at 425° for 15 minutes.

Double pie crusts should be baked at 425° for 35 to 45 minutes.

To prevent single crusts from humping, prick crust full of holes, using a fork and sticking many, many times, sides and bottom.

Pie crust should be salted enough to give it a palatable taste and should be rolled about ⅛ inch in thickness. Pie crust which is rolled too thin will not make an attractive looking pie, and the same applies for a crust that is too thick. An egg yolk shaken up in the water which is used in the mixing of the crust, will give the desired rich, creamy color

Butter added to pie filling is a great help in preventing its boiling over and always adds to the flavor of the pie.

The sealing together of the two crusts is important. When the pie crust is filled and the top crust is rolled out and the vent hole cut for the steam to escape, then moisten the rim of the pie with water, by dipping the ends of the fingers in water and passing them around the crust. Dampen only enough to cause the crust to feel sticky. Then place the upper crust on and press very firmly and carefully against the lower crust so that the rims have a perfect seal together. Cut off the surplus crust and crimp the edge in any desired style.

A soft winter wheat flour is preferable for pastry. Bread flour causes the pie crusts to shrink from the pan.

As flours vary in regard to the absorption of moisture, it is not always possible to give the exact amount of water to use in pie crusts.

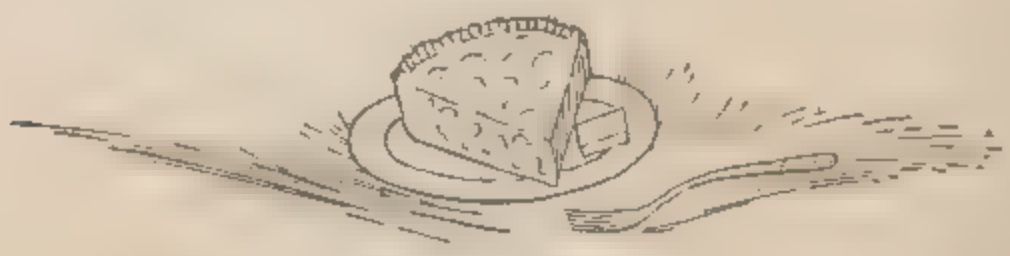
Do not knead pie dough as this tends to toughen it. Take enough dough to make a round ball and flatten this somewhat before rolling.

Fillings made with cherries, berries, juicy fruits, etc., should have one or two tablespoons of cornstarch added for the thickening of the juices. Cornstarch gives a clear and sparkling appearance to the juices while flour gives a muddy appearance

Fillings for custard and pumpkin pies should be added to the crust hot. Heat the milk but do not boil it. Custard and pumpkin pies are baked in uncooked crusts.

The amount of sugar for a pie depends upon the tartness of the fruit and size of pie. The cornstarch should be dredged on the fruit until it looks white, then the butter is added and then the sugar. Water is added when needed—one or two tablespoonsful.

The oven can be preheating while pies are being made.



PIES, FILLINGS, CUSTARDS

To attain the natural delicious flavor in lemon or orange pies, the fruit used should be well ripened and have thick skins for grating.

Place the filler, whether hot or cold, in the crust and add sugar, dots of butter, spices, etc., on top of the filler and not in the bottom. Sugar added in the bottom often results in its crusting.

Using the boiling water recipe for pie crust and the dough kept in an ice chest, it will keep for a number of days and a pie can be baked whenever needed by simply pinching off enough of the dough required for a pie.

Using the cold water recipe, combine the dry ingredients, place in a jar or container and when wanted, take out the necessary amount, combine this with water or milk or cream, the latter making pie crust de luxe.

Pie crusts which have been baked and left stand for a day or so before filling, should be reheated to remove the moisture absorbed by standing.

MERINGUES

For pie and pudding meringues, use from one to three teaspoons of sugar for each egg white used. For kisses and meringue shells, use from four to five tablespoons of sugar for each egg white used. Egg whites to be beaten stiff and dry before adding sugar.

Meringues are baked at 300° for 8 to 15 minutes after oven has been preheated. If the oven is too hot, the meringue will be tough and shrunken instead of being light.

Meringues for kisses and shells are baked at 300° from thirty minutes to one hour depending upon the size. They should be dried more than baked, and very delicately colored—more of a yellow than brown.

COLD WATER PIE CRUST

All crusts should be baked until they shake freely in the pan.

3 cups flour
1 teaspoon salt
⅔ cup lard
⅓ cup cold water

Place flour in mixing bowl, stir in salt, rub or cut in lard and add water until the mixture cleans the bowl nicely, whether the water be more or less than the stated amount. This amount makes one two-crusted pie and one shell, pie pans measuring about 8 inches. Preheat oven. Bake at 425° for 15 minutes, for single crust or until crust shakes freely in the pan.

BOILING WATER PIE CRUST

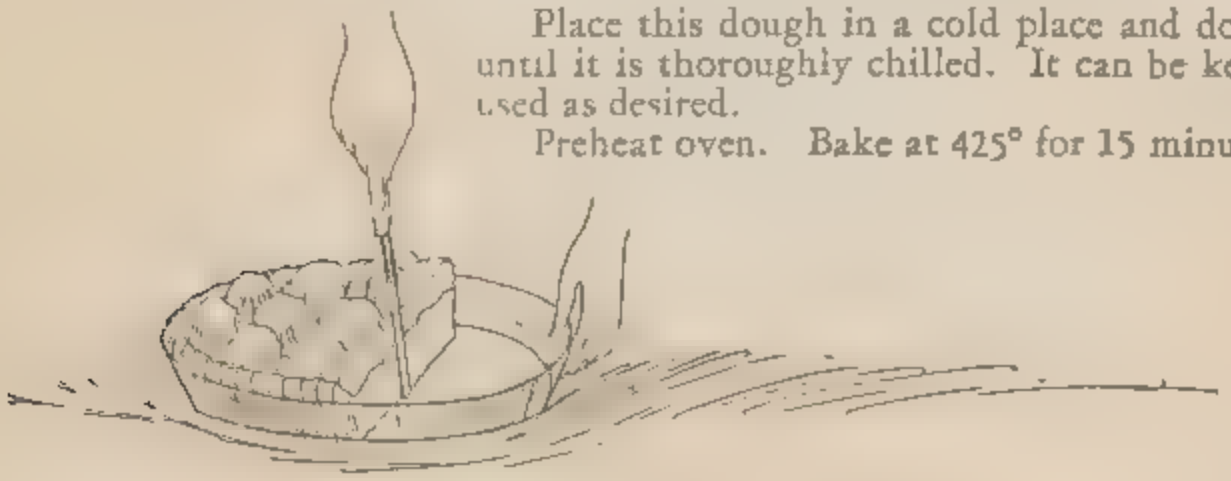
All crusts should be baked until they shake freely in the pan

1 cup lard
½ cup of boiling water
3 cups flour
1 teaspoon salt

Beat the lard and hot water to a cream by adding small amounts of water at a time. Then stir in the flour which has had the salt stirred in. Use flour enough to cause the mixture to clean the bowl nicely, whether it be more or less than the amount given.

Place this dough in a cold place and do not attempt to roll it until it is thoroughly chilled. It can be kept in the ice chest and used as desired.

Preheat oven. Bake at 425° for 15 minutes—single crust.



Dried apples
1 tablespoon cornstarch
½ cup sugar
3 tablespoons butter
¼ teaspoon salt
Dash of nutmeg
2 tablespoons water

1 cup seeded raisins
½ cup sugar
1 tablespoon cornstarch
½ teaspoon salt
2 tablespoons lemon juice, or 2 tablespoons vinegar
2 tablespoons butter
½ teaspoon vanilla

2 eggs
1½ cups sugar
3 cup apples diced
½ cup cracker crumbs, rolled
Grated rind and juice of 1 lemon
1 tablespoon butter

APPLE PIE

Use enough pared and diced apples to fill the pie crust heaping full. Add to this, one tablespoon cornstarch, ½ cup sugar, 3 tablespoons butter, ¼ teaspoon salt, 2 tablespoons of water and a dash of nutmeg.

Then place the top crust on. Preheat oven. Bake at 425° for 35 to 45 minutes.

RAISIN PIE

The raisins should be partly cooked, add other ingredients, cook about 5 minutes. Pour into a pie pan lined with paste, cover with a second crust.

Preheat oven, then bake at 425° for 35 to 45 minutes.

LEMON PIE WITH TOP CRUST

Cream eggs and sugar. Add the apples, lemon juice, grated rind of lemon, cracker crumbs and melted butter. This is a filler for a two crusted lemon pie for an 8 inch pie pan.

Proceed according to instructions for pie with top crust. Bake at a temperature of 425° for 35 to 45 minutes.

TOMATO PIE

Pare enough solid-meated tomatoes (red or yellow) to fill the pie, sprinkle with one tablespoon cornstarch, ½ teaspoon cinnamon, ¾ cup sugar, 2 tablespoons vinegar, 1 tablespoon butter dotted over pie. Preheat oven. Cover and bake at 425° for 35 to 45 minutes.

ELDERBERRY PIE

Fill pie with elderberries and 1 tablespoon butter, ¾ cup sugar (for 8-inch pie pan), 2 tablespoons vinegar, 1 tablespoon cornstarch. Preheat oven, then bake at 425° for 35 to 45 minutes.

RHUBARB PIE

Scald rhubarb, drain thoroughly. Fill pie and add 1 tablespoon butter, 1 tablespoon cornstarch, 1¾ cups sugar. Preheat oven. Cover and bake at 425° for 35 to 45 minutes.

CHERRY PIE

If cherries are freshly picked and quite tart, cover with fresh water and let stand about 30 minutes, then drain and fill the pie crust. Add 1 cup sugar, 1 tablespoon cornstarch, 1 tablespoon butter, preheat oven, cover and bake at 425° for 35 to 45 minutes.

MOCK CHERRY PIE

Cook one cup of cranberries, one-half cup chopped raisins, and two-thirds cup of cold water together until soft, add one cup of sugar and cook until dissolved. One tablespoon cornstarch, stirred smooth in one-third cup water and add to mixture with one teaspoon vanilla. Bake between the crusts and you will find this an excellent substitute for cherry pie. Preheat oven, then bake at 425° for 35 to 45 minutes

PUMPKIN PIE

Stir pumpkin and sugar together and heat hot. Add the milk and molasses heated then combine the balance of the ingredients. Pour into an unbaked crust. Preheat oven and bake at 425° for 20 minutes, then reset the temperature to 325° and bake 35 minutes longer

2 cups pumpkin
½ cup sugar
egg
tablespoon cornstarch
teaspoon salt
teaspoon cinnamon
¼ teaspoon ginger
teaspoon nutmeg
2 tablespoons molasses (light Orleans)
1¼ cup rich milk

CUSTARD PIE

Stir but do not beat the eggs, sugar, salt and vanilla. Pour in milk which has been heated hot and stir thoroughly. Preheat oven. Fill pie crusts, dust on nutmeg and bake at 425° for 20 minutes, then reduce the temperature to 325° and bake 30 minutes longer or until a knife blade can be inserted in center of custard and drawn out clean. This will indicate a finished cooking of the custard.

2 cups milk, hot
3 whole eggs
⅓ cup sugar, scant
¼ teaspoon salt
½ teaspoon nutmeg
½ teaspoon vanilla

BUTTER SCOTCH PIE

Fill baked pie crust, cover with meringue and brown. Preheat oven and bake at 300° for 8 to 15 minutes.

FILLER (Butter Scotch)
2 cups brown sugar
3 tablespoons butter
Boil to wax with little water
3 egg yolks (whites for meringue)
2½ tablespoons cornstarch
1 cup milk
1 cup water
Pour in boiling wax
½ teaspoon vanilla

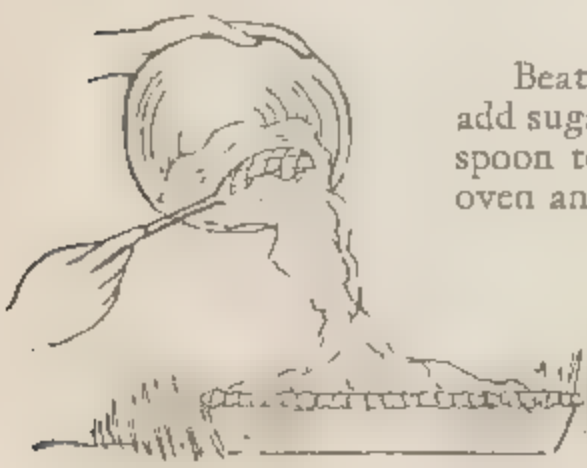
LEMON CREAM PIE

With Meringue Top

This filling is a foundation filler for pies and from it, many pies can be made, such as orange cream pie, chocolate cream pie, banana cream pie, pineapple cream pie, etc. All of these to be made in baked crusts.

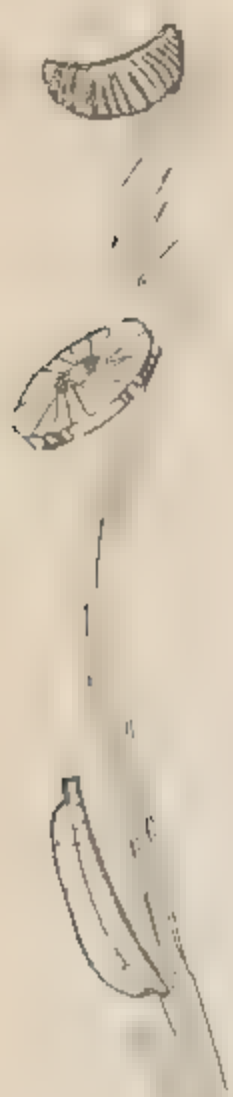
Mix sugar, cornstarch and salt, slowly stirring in the boiling water and cooking until clear. Then add butter, beaten egg yolks, juice and rind of lemon. Stir thoroughly and add to the baked crust. Preheat oven. Add meringue and bake a delicate brown. Bake at 300° for 8 to 15 minutes.

FOUNDATION FILLER
3 egg yolks
1½ cups sugar
1 lemon, grated rind and juice
¼ cup cornstarch
½ teaspoon salt
1 tablespoon butter
1½ cups boiling water



MERINGUES

Beat egg whites until perfectly stiff and of dry appearance. Then add sugar, the proportion of sugar being from 1 teaspoon to 1 tablespoon to each egg white. Fasten well to edge of pie. Preheat oven and bake at 300° for 8 to 15 minutes.



ORANGE CREAM PIE
(With Meringue Top)

Made by using the Foundation filler, page 23, but use an orange instead of the lemon. Preheat oven. Bake at 300° for 8 to 15 minutes.

PINEAPPLE CREAM PIE

Made by using the Foundation filler, page 23, but use a small can of crushed pineapple and only one cup of boiling water, as the juice of the pineapple gives the required additional amount of liquid. Preheat oven. Bake at 300° for 8 to 15 minutes.

CHOCOLATE CREAM PIE

Made by using the Foundation filler, page 23, but use two cups of hot rich milk instead of water and add 1 or 2 ounces of melted chocolate (as desired) and ½ teaspoon vanilla. Preheat oven. Bake at 300° for 8 to 15 minutes

BANANA CREAM PIE

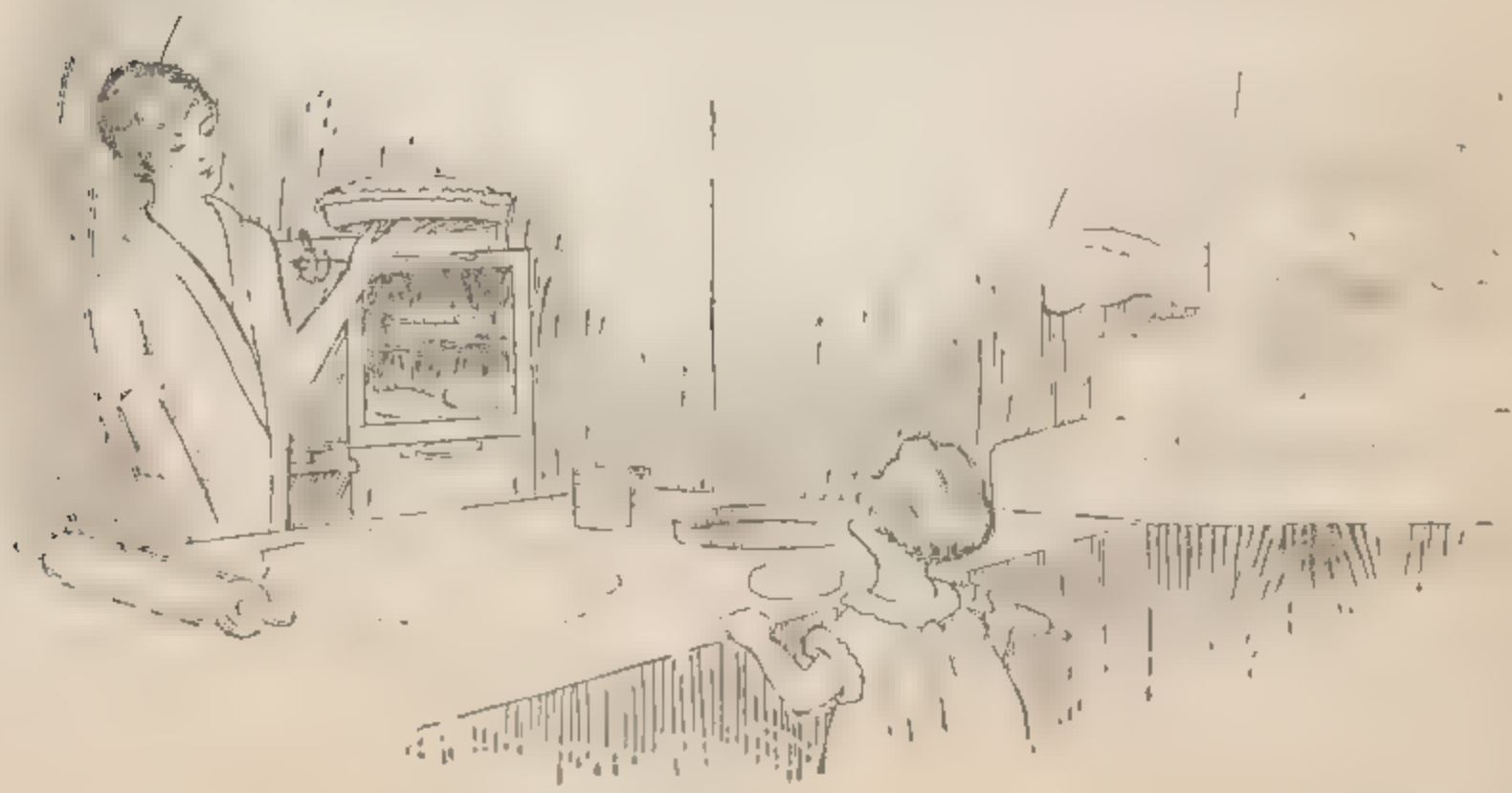
Made by using the Foundation filler, page 23, but use 2 cups of hot rich milk instead of water and ½ teaspoon vanilla. When very nearly cold, add 1 cup sliced bananas, which must be ripe so that the pie will be finely flavored. Preheat oven. Bake at 300° for 8 to 15 minutes.

BUTTERSCOTCH CREAM PIE

Made by using the Foundation filler, page 23, but omit white sugar, lemon and water, and use brown sugar, 2 cups rich milk and ½ teaspoon vanilla. Preheat oven and bake at 300° for 8 to 15 minutes

PLAIN CREAM PIE

Made by using the Foundation filler, page 23, but instead of the water, 1 cup of hot cream and 1 cup hot milk, and 1 teaspoon vanilla. Preheat oven. Bake at 300° for 8 to 15 minutes.



COOKIES, CUP CAKES, CREAM PUFFS

Cookie dough should be soft and is much easier to handle if allowed to stand in a cold place for 10 to 30 minutes before rolling. This allows the moisture to become more completely absorbed and hardens the fat. Both tend to prevent the dough from becoming sticky, even though it may be soft.

In rolling cookies, take out on a floured board only as much dough as can be handled easily.

Use only as much pressure as is necessary with the rolling pin to get the desired thickness, which should be about ¼ inch.

Dip the cutter into flour quite often to prevent the cakes from sticking to the cutter. Lift the cakes with a spatula to the baking sheet.

Cookies should be baked on a cookie sheet or in a very shallow pan, or on the bottom side of a deep pan. The pans should be greased. The length of time for baking cookies depends upon the thickness of cookies. Not so much heat for molasses cookies as for the plain cookie.

Cookie dough is mixed as follows: Cream sugar and lard, drop in egg but do not cream so much as in cakes. Add liquid and flavors, flour and other ingredients. Drop cookies should hold form when placed on sheets with teaspoon, but will expand with heat.

Oven may be preheating while Recipes are being mixed.

HERMITS

For Date Bars omit raisins and add chopped dates.

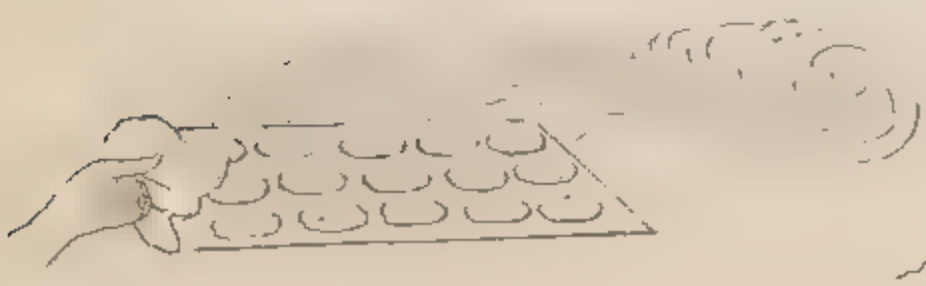
¾ cup butter
1 cup sugar
2 eggs
⅓ cup milk
2½ cups flour
1 teaspoon soda
2 teaspoons cream of tartar
1 teaspoon cinnamon
1 teaspoon cloves
½ teaspoon nutmeg
¾ cup chopped raisins

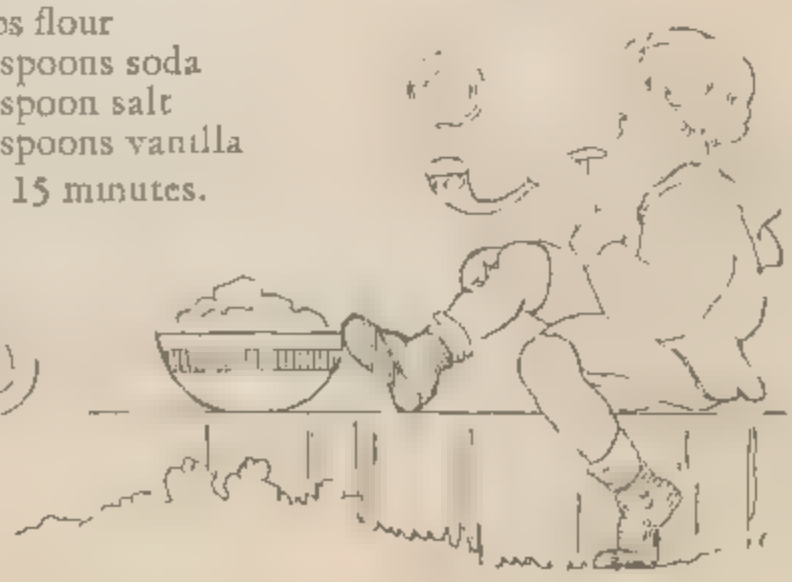
Cream butter and sugar, add eggs and beat about one-half minute after adding each egg. Add milk and dry ingredients and lastly the raisins which have been slightly floured. Spread about ⅛-inch thick in large tin. Preheat oven and bake at 400° for 10 minutes. Cut in squares before taking from pan.

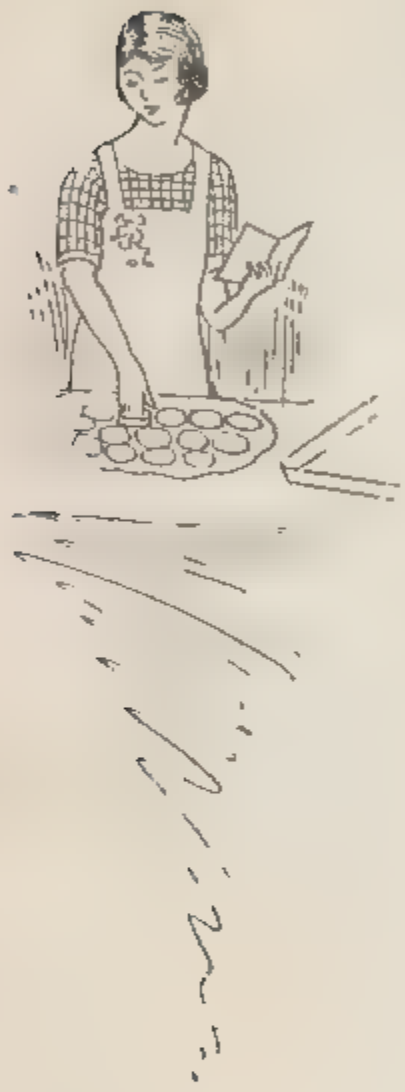
MOLASSES COOKIES (Rolled Cookie)

1 cup lard
1 cup molasses
1 cup brown sugar
½ cup sour milk
3 cups flour
2 teaspoons soda
1 teaspoon salt
2 teaspoons vanilla

Preheat oven. Bake at 375° for 10 to 15 minutes.







BUTTERSCOTCH ICE CHEST COOKIES

2 cups brown sugar
½ cup butter
2 eggs
3½ cups flour
1 teaspoon soda
2 teaspoons vanilla
1 cup nuts
1 cup puffed raisins
1 teaspoon cream of tartar

Cream together, brown sugar and butter. Add 2 eggs and beat until plastic. Add 1 teaspoon vanilla and flour, into which has been sifted cream of tartar and soda. Make into a loaf and allow to stand over night. With a thin-bladed sharp knife, cut into thin slices. Preheat oven and bake at 400° for 10 minutes. Place in pan at least ¾ inches apart.

FILLED DATE COOKIES

Filler	Cookies
1 cup sliced dates	2 cups flour
1 cup light brown sugar	4 teaspoons baking powder
⅛ teaspoon mace	⅛ teaspoon salt
⅛ teaspoon salt	⅛ teaspoon mace
½ cup water	2 cups rolled oats
Cook over slow fire until paste forms	1 cup light brown sugar
Set aside to cool and use ½ to 1 teaspoonful between cookies	¾ cup butter
	½ cup milk

Mix butter, sugar, milk and dry ingredients. Roll ⅛ to ¼ inch in thickness, cut in strips, 2 x 4 inches. Place 1 teaspoon filler at one end and lap other end of strip over. Pinch together and place on cookie sheet. Preheat oven, bake at 375° for 12 to 15 minutes.

GRAPE NUT COOKIES (Drop Cookie)

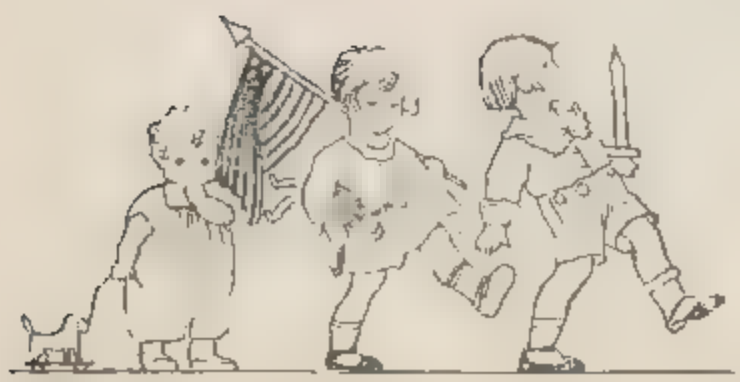
1 cup brown sugar
½ cup lard or butter
2 eggs
½ cup buttermilk
½ cup raisins
½ cup rolled oats
1 cup grape nuts
2 cups flour
1 teaspoon soda
1 teaspoon salt
1 teaspoon cinnamon

Drop by teaspoonful on greased pan, not too close together as they spread with heat. Preheat oven. Bake at 425° for 10 to 12 minutes.

MACAROONS (Drop Cookie)

1 cup butter
2 cups light brown sugar
2 eggs
¼ cup milk
1½ cups cocoanut
3 cups rolled oats
2 cups flour
1 teaspoon soda
½ teaspoon baking powder
1½ teaspoons salt
2 teaspoons vanilla
2 teaspoons almond

Drop by teaspoonful on greased pan, not too close together as they spread with heat. Preheat oven. Bake at 425° for 10 to 12 minutes



PLAIN SUGAR COOKIE (Rolled Cookie)

1 cup sugar
½ cup lard
1 egg
½ cup milk
3 teaspoons baking powder
1 teaspoon salt
2 teaspoons vanilla
½ teaspoon almond
3½ cups flour

Preheat oven. Bake at 450° for 10 minutes.

GINGER COOKIES (Rolled Cookie)

1 pint molasses
½ pint lard
4 eggs
2 tablespoons ginger
2 teaspoons soda
1 teaspoon salt
1 teaspoon vanilla
Flour to make soft dough.

Preheat the oven and bake at 350° for 10 to 12 minutes.

SOUR CREAM COOKIES (Rolled Cookie)

1 cup sugar
½ cup lard
1 egg
½ cup sour cream
2 teaspoons baking powder
Flavor to suit taste
1 teaspoon nutmeg if preferred
3½ cups flour
1 teaspoon soda

Preheat oven. Bake at 400° for 12 minutes.

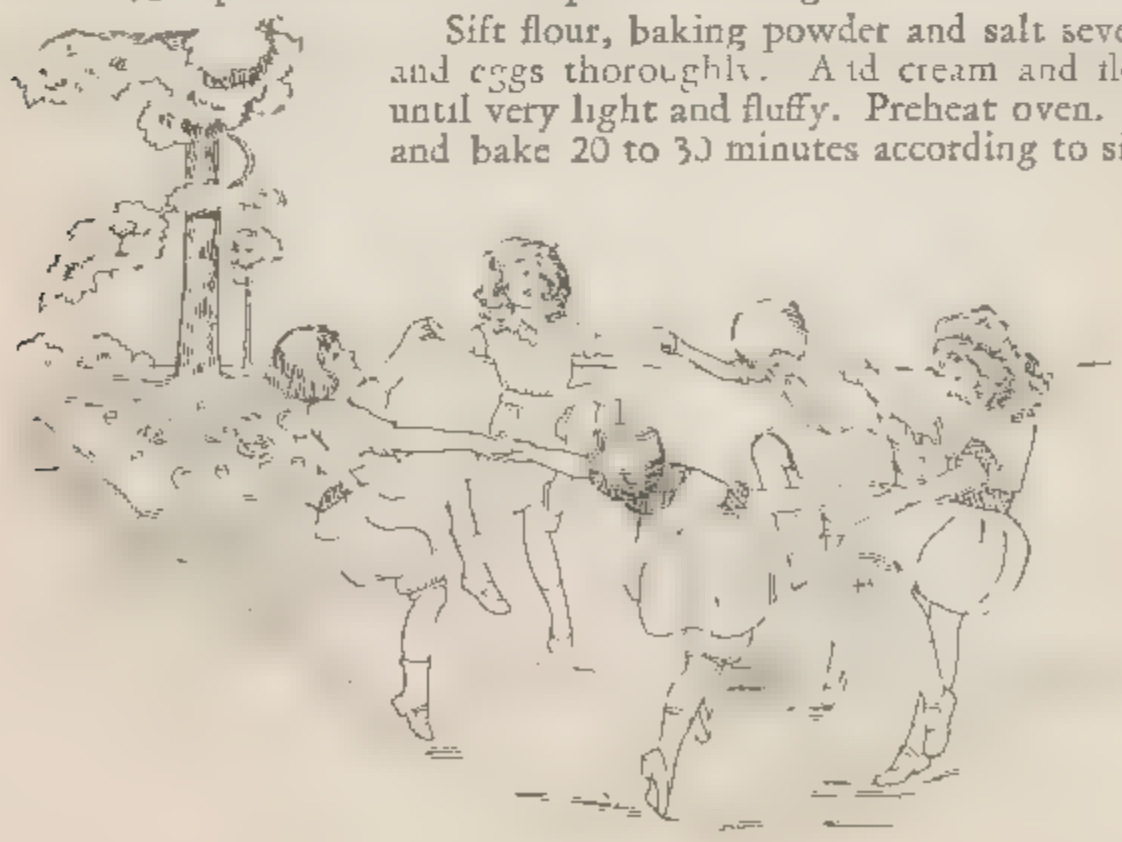
CUP CAKES

These little cakes may be made in pastel shades and are very attractive when iced with corresponding colored icing. They may be given different flavorings.

In making these cakes, sweet cream or sour cream may be used. If the sour cream is used, use ½ teaspoon soda and 1 teaspoon baking powder. Should chocolate cakes be desired, deduct ⅓ cup flour and add ⅓ cup cocoa and 1 tablespoon extra sugar.

1 cup sugar
2 eggs
1 cup cream
2 cups flour
2 teaspoons baking powder
½ teaspoon salt
Flavor as desired

Sift flour, baking powder and salt several times. Cream sugar and eggs thoroughly. Add cream and flour and stir thoroughly until very light and fluffy. Preheat oven. Fill cups two-thirds full and bake 20 to 30 minutes according to size of pans, at 375°.



CREAM PUFFS AND ECLAIRS

1 cup hot water
½ teaspoon salt
½ cup butter
1 cup flour
3 large eggs or 4 small ones

In making this paste, measure the water and add the butter and salt to it. Place over the fire and heat gradually. As soon as the butter has melted, bring quickly to a boil and add the flour all at one time and stir briskly and constantly until it begins to leave the edge of the pan. Remove at once, stir until smooth and velvety. Much stirring helps to make the puffs lighter.

Set aside to cool, (herein lies the "secret to the Puffs" to have them large). Cool until it is slightly warm to the touch. This is the important part in the making of this dough, for, if adding the eggs while this paste is hot, the eggs become partially cooked and lose much of their leavening properties. When properly cooled, add the eggs one at a time, beating vigorously after each addition.

The first egg may seem a little hard to incorporate with the paste but with the proper amount of beating, it will finally work up smooth and velvety. The paste should be only stiff enough to hold its shape well, when it is dropped on the greased baking pan or sheet. Drop by tablespoonfuls in round shape for cream puffs, or in the oblong shape for eclairs. Preheat the oven. This paste must be started at a very hot heat, 450° for 10 minutes; 400° for twenty five minutes longer until the puffs are thoroughly dried out. Remove from the oven, insert a sharp pointed knife in the puff to let any remaining steam escape. Fill, when cooled, with any desired filling, whipped cream, custards, etc.

Eclairs are made about five inches long and 1½ inches wide. They may be run through a pastry tube to be made true and uniform in size.

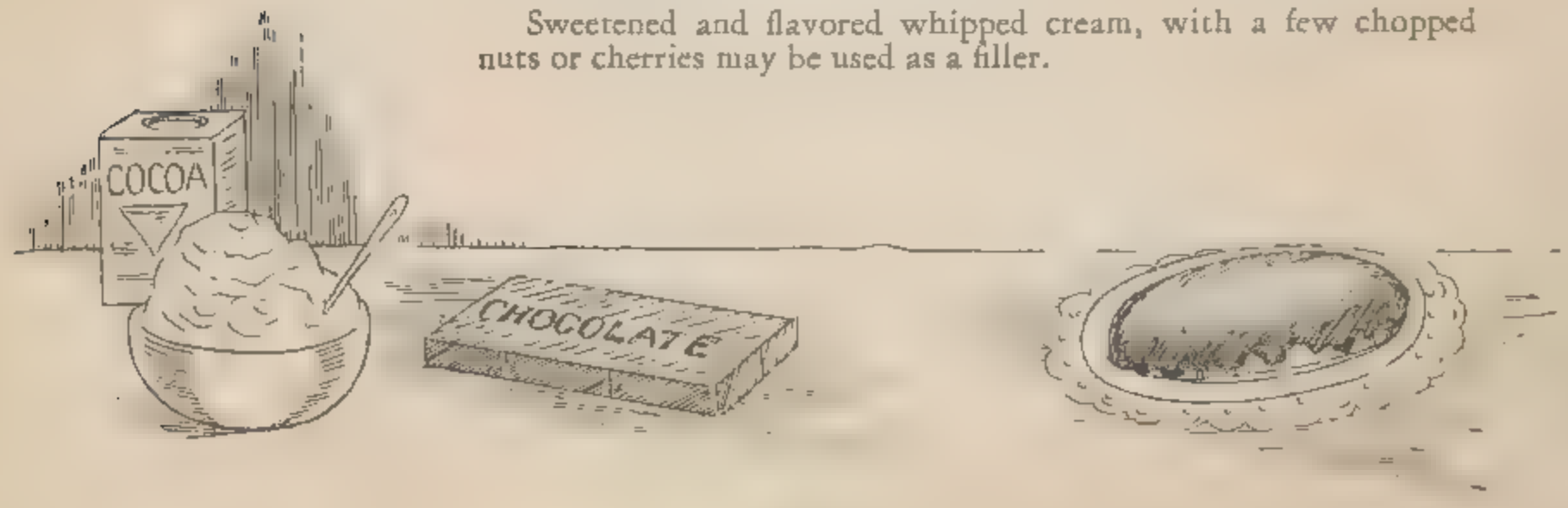
CREAM FILLING FOR CREAM PUFFS

¾ cup sugar
1 tablespoon butter
2 eggs
¼ cup flour
1 teaspoon vanilla
¼ teaspoon salt
1 tablespoon cornstarch
2 cups scalded milk
1 cup whipped cream

Mix all ingredients. Slowly stir into hot milk. When mixed well, cook over water and stir until mixture thickens, then cover and cook for fifteen to twenty minutes longer to thoroughly cook the starch. Add the batter, remove from the hot water and mix in the beaten egg, gradually, stirring to prevent lumping. Cook again over the water for a minute or two, until the egg thickens. Remove at once—cool—add the flavor and whipped cream if desired.

For the chocolate cream filling, add 2 tablespoons of cocoa to the dry ingredients, or 2 tablespoons chocolate, melted, to the cooked ingredients.

Sweetened and flavored whipped cream, with a few chopped nuts or cherries may be used as a filler.



BISCUITS, MUFFINS

Biscuit doughs may be made with sweet milk or sour milk. Sour milk produces a much softer product than those made with sweet milk.

Biscuits should be baked on a biscuit or cookie sheet, or very shallow pan. If a deep pan must be used, invert it and bake on the bottom of the pan, so that the heat may travel all around the biscuit.

Biscuits need to be baked quickly and should be rolled or patted to about ½ inch thickness, and may be placed closely together for baking the soft biscuit, or may be placed apart so that all parts of the biscuit are browned. Preheat oven while mixing recipe

In mixing biscuits, handle the dough lightly, kneading only enough to give it a smooth appearance. Cut out and bake at 450° for 12 to 15 minutes, as preferred.

BAKING POWDER BISCUIT

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
2 tablespoons shortening
¾ cup liquid (all milk or half milk and half water)

Mix dry ingredients and sift twice. Work in fat with tips of the fingers, or cut in with two knives. Add the liquid gradually, mixing with a knife to a soft dough. Owing to differences in flours, it is impossible to determine the exact amount of liquid. Toss on a floured board, pat or roll lightly to ½ inch in thickness. Shape with a biscuit cutter. Preheat oven. Bake at 450° for 12 to 15 minutes.

SODA BISCUIT

2 cups flour
4 teaspoons baking powder
1 cup sour milk
½ teaspoon soda
1 teaspoon salt
2 tablespoons shortening

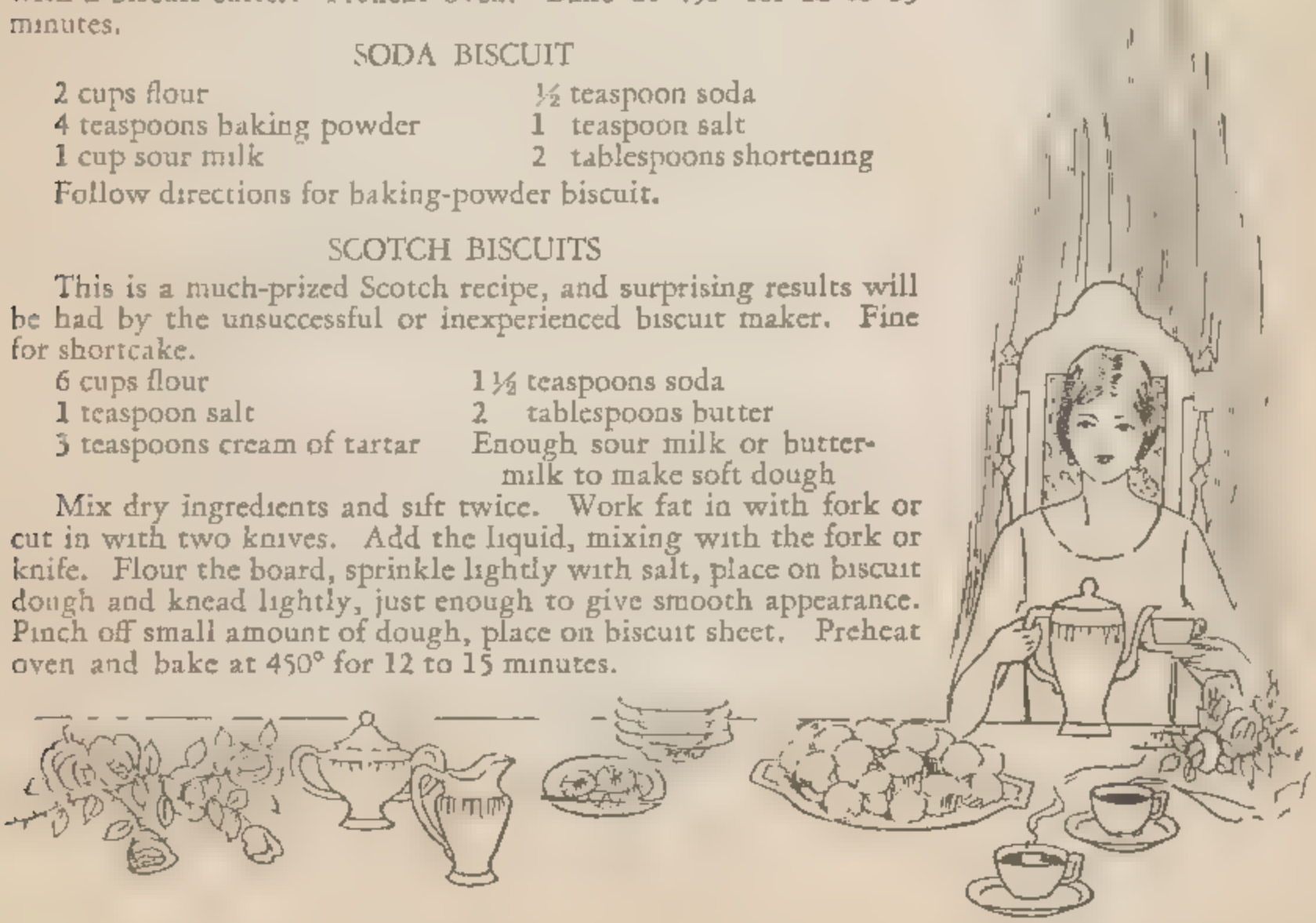
Follow directions for baking-powder biscuit.

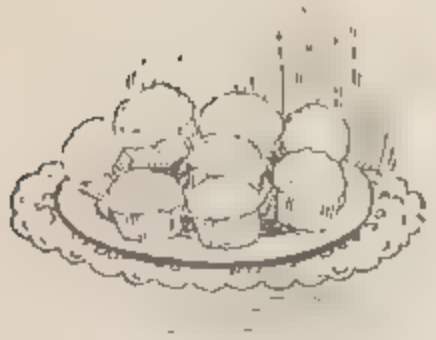
SCOTCH BISCUITS

This is a much-prized Scotch recipe, and surprising results will be had by the unsuccessful or inexperienced biscuit maker. Fine for shortcake.

6 cups flour
1 teaspoon salt
3 teaspoons cream of tartar
1½ teaspoons soda
2 tablespoons butter
Enough sour milk or buttermilk to make soft dough

Mix dry ingredients and sift twice. Work fat in with fork or cut in with two knives. Add the liquid, mixing with the fork or knife. Flour the board, sprinkle lightly with salt, place on biscuit dough and knead lightly, just enough to give smooth appearance. Pinch off small amount of dough, place on biscuit sheet. Preheat oven and bake at 450° for 12 to 15 minutes.





MUFFINS

Maffin mixture is combined in a different manner than other mixtures. The shortening is melted and beaten in after the other ingredients have been mixed

More eggs and a softer mixture will give a good waffle or popover batter

PLAIN MUFFINS

2 cups flour
4 teaspoons baking powder
¾ teaspoon salt
1 cup milk
1 egg
2 tablespoons melted fat
1 tablespoon sugar

Mix and sift the dry ingredients into a mixing bowl. Add the milk gradually, beating until perfectly smooth. Beat the egg without separating and add to the mixture. Lastly, add melted shortening and beat thoroughly. Fill greased muffin tins half full. Preheat oven and bake at 400° for 20 to 25 minutes. This will make 6 large or 12 small muffins.

Any fruits may be added, such as dates, raisins, etc.

GRAHAM MUFFINS

1 cup graham or whole wheat flour
½ cup white flour
3 teaspoons baking powder
1 tablespoon melted shortening
½ teaspoon salt
1 tablespoon sugar
¾ cup milk
1 egg, beaten

Place graham flour in mixing bowl, add flour, baking powder, salt and sugar sifted together, stir in milk, making a smooth batter, add well beaten egg, and lastly the melted shortening Preheat oven. Bake at 400° for 20 to 25 minutes

This will make 12 medium-size muffins

BRAN MUFFINS

2 cups bran
1 cup flour
3 teaspoons baking powder
½ teaspoon salt
1½ cups milk
3 eggs, beaten
1 tablespoon melted shortening
½ cup seeded raisins, if desired
½ cup sweetening (molasses preferred)

Mix in order given, sifting flour baking powder and salt together. Preheat oven. Bake at 400° for 25 to 30 minutes. This will make 12 medium-size muffins.

CORN MEAL MUFFINS

½ cup corn meal
1 cup flour
3 teaspoons baking powder
1 tablespoon sugar
½ teaspoon salt
¾ cup milk
1 egg, well beaten
1 tablespoon melted shortening

Place corn meal in mixing bowl, add flour, baking powder, sugar and salt which have been sifted together, make a smooth batter with the milk, add beaten egg and lastly the melted shortening. Preheat oven. Bake at 400° for 25 minutes. This will make 12 medium-size muffins

DATE AND RAISIN MUFFINS

1 egg
2 tablespoons brown sugar
¼ teaspoon salt
1 cup milk
2 cups flour
2 teaspoons baking powder
2 tablespoons melted shortening
2 tablespoons chopped dates
2 tablespoons chopped raisins

Beat egg well and add brown sugar and salt Add milk alternately with the flour which has been sifted with baking powder Add melted shortening, raisins and dates Beat thoroughly, pour into greased muffin pans, preheat oven and bake at 400° for 25 minutes

MEATS

VEGETABLES TO SERVE WITH BEEF

With Roast Beef—Potatoes; boiled, baked, scalloped, Franconia, or half shell—hominy, macaroni, sweet potatoes, cauliflower, cabbage, celery, carrots, sweet corn, peas, string beans, lima beans, asparagus, onions, egg plant, squash, turnips, new beets, tomatoes, spinach.

With Steak Same as for roasts, also French fried potatoes, potatoes au gratin or Lyonnaise

With Hamburger French fried potatoes, cucumbers, tomatoes, mushrooms, peas, onions, celery, sweet corn, turnips, egg plant.

With Beef Stew—Potatoes, boiled or riced turnips, parsnips, carrots, tomatoes, peas, beans, celery, onions.

With Baked Heart—Potatoes, riced, au gratin or Franconia. Parsnips, egg plant, tomatoes, beets.

With Beef Tongue—Potatoes, mashed, creamed or riced. Rice, carrots, string beans, spinach, cabbage, tomatoes.

With Corned Beef—Potatoes, boiled. Cabbage, carrots, beets, turnips, parsnips, spinach, dandelion greens, beet tops, cauliflower.

ROAST BEEF

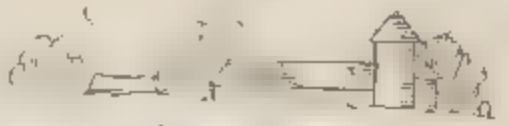
Prepare roast beef by wiping with a damp cloth, season with salt, black pepper, small amount of sugar, minced onion and minced celery.

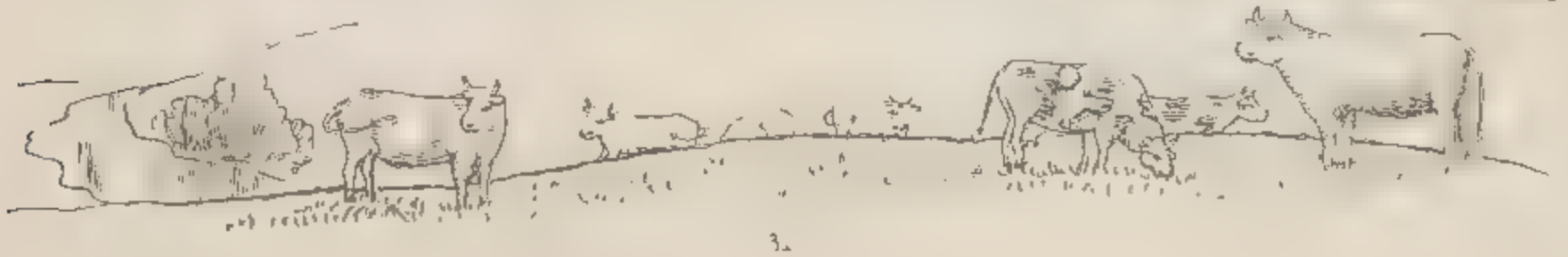
Punch several holes in the meat with a skewer and put seasoning in these holes. Rub outside of meat with a cut onion—butter or melted beef fat pat in all the flour possible. Place meat on rack in roaster or other suitable pan and sear in the preheated oven at 500° for 20 minutes, then reduce the temperature to 350° and roast as desired, rare, medium or well done. For rare, 12 minutes per pound For medium, 15 minutes per pound For well done 18 minutes per pound This may be cooked with whole meal in oven at low temperature.

The amount of seasoning used is approximately as follows. ½ teaspoon salt per pound; ¼ teaspoon pepper per pound; ¼ teaspoon minced onion per pound; ¼ teaspoon minced celery per pound; ¼ teaspoon sugar per pound.

Do not stick fork into meats in the oven after they have been seared as this allows the juices to escape.

A long slow cooking is required for tough meats, which makes it possible for the connecting tissues to soften.





MEATS

ROASTS WHICH ARE NOT TENDER (CHEAPER CUTS)

Wipe meat with damp cloth, season with salt, pepper, butter, sugar and flavor with either onion, cloves, garlic, bay leaves, peppers or tomatoes. Tie or skewer into an attractive shape. Rub well with butter and pat on flour. Preheat oven. Sear at **500° for 20** minutes, then reduce the oven temperature to 300° and cook for 30 minutes to the pound.

BEEF LOAF

1 teaspoon sugar
1 pound hamburg
1 egg (stirred in)
3 crackers, rolled
1 tablespoon cream
Salt and pepper

BEEF LOAF OR HAMBURGER CAKES

Season with onion or herbs if desired. Form in a roll. Preheat oven. Bake in the oven at 450° for 30 minutes. The meat can be formed into cakes if desired.

BRAIZED SHORT RIBS

Ribs should be seasoned with salt and pepper and sprinkled with flour. Should be seared on all sides with melted beef fat, placed on rack in roaster or any coveted vessel. Add 1 carrot, 1 turnip, 1 onion, 1 small green pepper, 1 stock of celery cut in slices or cubes, 1 sprig parsley and 3 cups of boiling water. Preheat oven. Cover tightly and cook in the oven at 350° for a time equal to twenty minutes per pound.

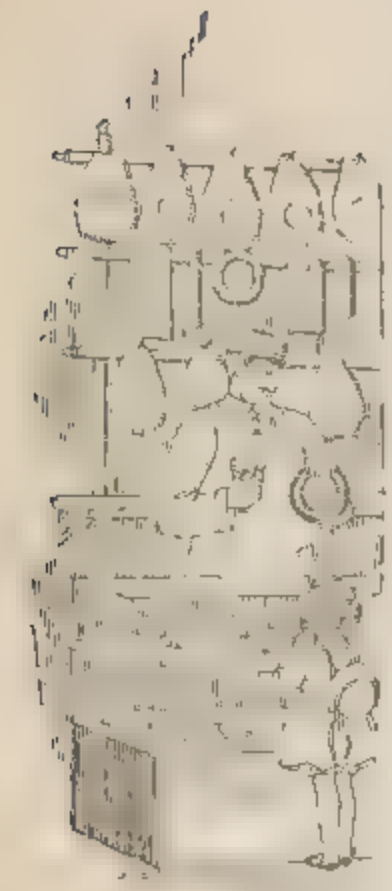
SPANISH STEAK

Select a thick steak and with a meat hammer, pound into it all the flour possible. Melt ¼ cup beef fat in a pan and when hot, add the steak. Brown well on both sides, then pour over it one cup of water and ½ can of tomatoes, couple of medium size onions chopped fine, with a minced green pepper and seasoning. Preheat oven. Cover and bake in oven at 300° for 2½ to 3 hours

BROILED OR PLANKED STEAK

For planking, a steak should be cut at least one inch thick, 1½ inch is preferable. A porterhouse cut is best suited to this method of broiling, although when only one or two persons are to be served, a small club steak will suffice. Select meat which is well marbled with fat, since this insures a more tender and well-flavored steak. Trim the meat and remove the flank end if desired, leaving only the choicest part of the meat.

Methods of using a plank vary somewhat. The steak may be broiled with the AutomatiCook set at the 550° mark and then placed on the plank to finish the broiling, or it is placed on the plank and then broiled, first on one side and then on the other. However the steak is broiled, when finished it is served on the plank. Surround it with a border of mashed potatoes, put through a pastry tube and garnish with one or more of the following, already prepared: stuffed peppers, green peas, cubed carrots, small onions, string beans, browned mushrooms, radishes and parsley. Brush the potatoes with beaten white of egg, return plank to oven, and allow potatoes to become slightly brown. Serve all on the plank.



2 cups cooked and chopped corn beef
2 cups cubed cold potatoes
1 cup chopped onion
½ cups milk or cream
Salt and pepper to taste
2 tablespoons butter or fat or butter

CORNED BEEF HASH

Melt the fat in a frying pan, add the onion, and brown slightly. Add the remaining ingredients, well mixed. Spread the mixture evenly in a pan, preheat the oven and cook at 350° for 45 minutes.

MEATS

Gravy

4 tablespoons fat
4 tablespoons flour
1½ cups milk or water
Brown flour in fat and stir in water

Be very careful in browning the flour that it does not over-brown Over-browning the flour breaks down the starch grain to a substance called dextrin and dextrin will not thicken.

VEGETABLES TO SERVE WITH PORK

With Roast Pork—Potatoes boiled, riced or mashed—cabbage, tomatoes, spinach, turnips, squash, onions, parsnips, or apples.

With Pork Chops—Potatoes boiled, mashed or baked, brussels sprouts, onions, celery, tomatoes, turnips, corn or apples.

With Salt Pork—Potatoes, boiled, mashed or riced—baked beans or split peas, turnips, rutabagas, string beans, spinach or cabbage.

With Baked Ham—Potatoes mashed, au gratin or scalloped—macaroni, spaghetti, corn, string beans, spinach, beet greens, cauliflower, squash or onions.

With Boiled Ham—Potatoes baked in half shell, creamed, scalloped or browned—spinach, beet greens, brussels sprouts, cauliflower, or cabbage.

Sausage—Potatoes mashed, baked or potato balls—macaroni, spaghetti, bananas, tomatoes, apples, peppers, cabbage, string beans.

ROAST HAM

If the ham is fresh, season well by using salt, pepper, sugar, mustard and ground cloves. Use skewer or long narrow pointed knife and make an opening very close to the bone. Into this opening work the following mixture: 1 tablespoon sugar, ¼ teaspoon ground cloves, 1 teaspoon salt, ¼ teaspoon mustard and ½ teaspoon black pepper, thoroughly mixed. Use the same mixture with additional salt and pepper for the outside, rubbing into the meat well. Preheat oven. Sear in the oven at 500° for 30 minutes then roast at 350° for a time equal to 30 minutes per pound.

ROAST PORK

For a 4-pound roast of pork, wipe roast with dampened cloth, sprinkle and rub in well, 2 teaspoons salt, ¼ teaspoon black pepper, 1 teaspoon brown sugar, ¼ teaspoon ground cloves. Preheat oven. Place in oven on rack in roasting pan and sear at 500° for 30 minutes. Then roast at 350° for a time equal to 25 minutes per pound.

CROWN PORK ROAST

Select ribs of a young pig and have the butcher make a crown, like a crown roast of lamb or mutton. Cover the tip of each bone with salt pork. Preheat oven. Season with salt and pepper and sear at 500° for 30 minutes, then reduce the temperature to 350° and roast for 25 minutes per pound.

1 crown of pork
cubes of salt pork
mashed potatoes
steamed apples
salt
pepper
cranberries

Serve with mashed potatoes inside the crown and a border of bright red steamed apples as a garnish. The apples should be of uniform size and steamed rather than baked to preserve their color. Remove the cubes of salt pork and cap each bone with a large cranberry or with a paper frill.

MEATS

VEGETABLES TO SERVE WITH VEAL

With Roast Veal—Use potatoes, boiled, mashed or browned. Rice, spaghetti, macaroni, tomatoes, onions, string beans, spinach, asparagus, white turnips, all kinds of greens, beets, peas, cabbage, carrots.

With Chops or Cutlets—Use potatoes, mashed, au gratin or baked. Green peppers, tomatoes, celery, string beans, beet greens, peas.

With Veal Stew—Use boiled potatoes, rice, carrots, peas, string beans, turnips, parsnips.

With Sweet Breads Use potatoes riced in half shell or Saratoga chips, peas, carrots, tomatoes, mushrooms, string beans, egg plant, celery.

JELLIED VEAL LOAF

Select veal with knuckle bone. Preheat oven. Cook in tightly covered vessel with about 3 inches of water in the vessel at 350° for 1½ hours. Remove, cool and grind, add seasoning, of green chopped pepper and small chopped onion and the liquid. Stir all together, place in mold lined with slices of hard boiled egg. Let cool to form loaf.

ROAST VEAL

Preheat oven. Seat at 500° for 30 minutes. Then roast at 350° for a total time to equal 25 minutes per pound.

VEGETABLES TO SERVE WITH LAMB AND MUTTON

With Lamb Chops—Potatoes, baked, scalloped, delmonico or stuffed—sweet potatoes, tomatoes, peas, beets, creamed carrots, string beans, asparagus, squash.

With Boiled Lamb—Boiled potatoes, rice, string beans, salsify, turnips, onions, spinach, brussels sprouts, cabbage, carrots, cauliflower.

With Roast Lamb Potatoes, mashed, whole boiled, creamed or riced—artichokes, green peas, string beans, fresh lima beans, tomatoes, summer squash, onions, white turnips, asparagus, cauliflower.

ROAST LAMB

Preheat oven. Sear at 500° for 30 minutes. Cook young lamb at 350° for a total time equal to 20 minutes per pound. For spring lamb (rare) cook at 350° for a total time equal to 15 minutes per pound. Cook either one in uncovered pans.

For yearling lamb, sear at 500° for 30 minutes, then cook at 350° for a total time equal to 20 minutes per pound.

BROILING

BROILED CHICKEN

Clean chicken, split down the back and remove intestinal organs and rinse thoroughly in cold clear water. Sometimes it is necessary to let the chicken stand in cold water to draw away any chicken odors that might exist or season well with condiments. A-1 sauce, black pepper, mint, onion, teaspoon sugar, teaspoon of salt and teaspoon of paprika rubbed well over the chicken and allowed to stand for 10 or 15 minutes before broiling will assure a delicious flavor. A coating of lard or butter or small narrow strips of bacon placed over the chicken before broiling also add to its deliciousness. Place the chicken on wire rack, skin side down and brown nicely then turn over and sear skin side and then lower flame and finish cooking which usually requires from 10 to 20 minutes longer, the time depending upon the size of the chicken. When finished season with condiments to suit taste. Prepared in this manner the chicken will be juicy, tasty and delicious. Decorations—sprigs of parsley.

BROILED WHITE FISH

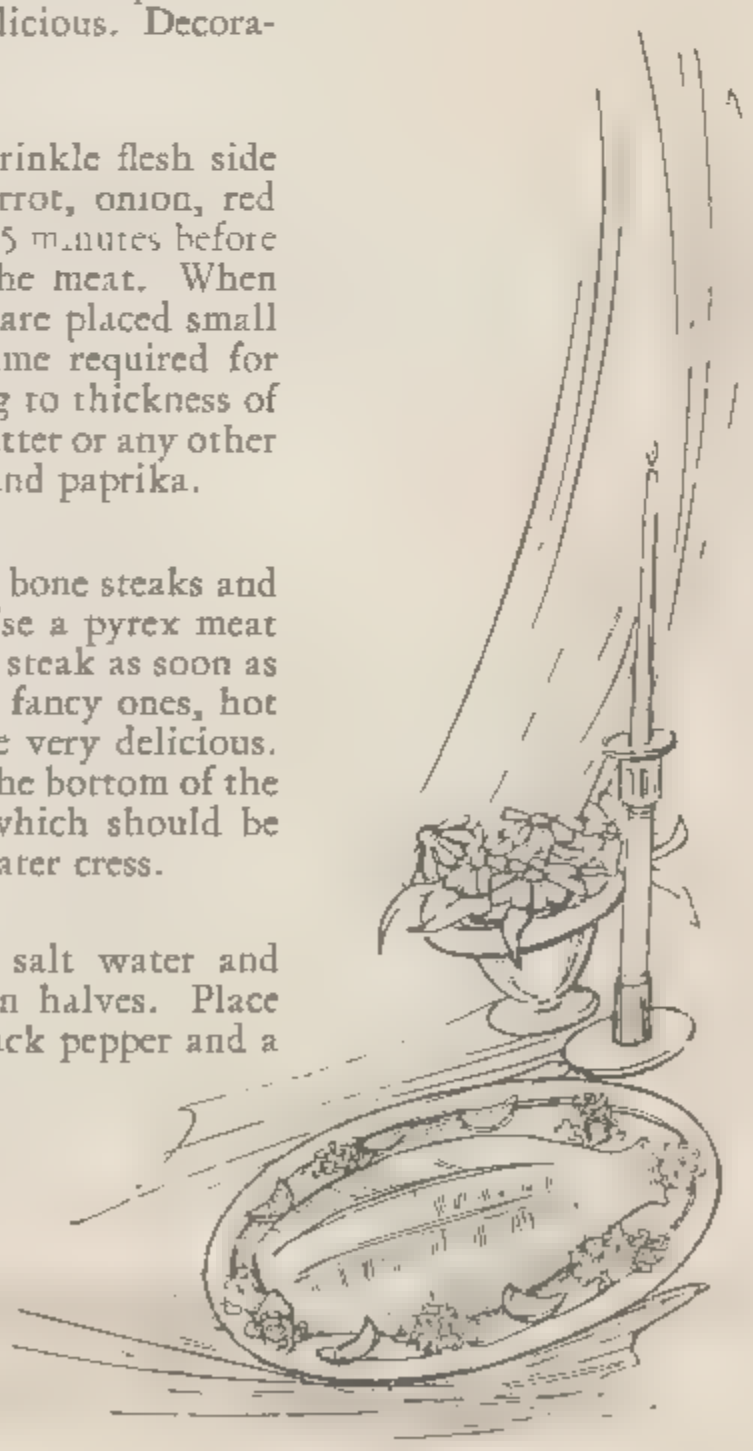
Split the fish but do not cut through skin, sprinkle flesh side with mixture of one teaspoon each of minced carrot, onion, red and green pepper and parsley. Let stand for 10 to 15 minutes before broiling so that the flavors will well penetrate the meat. When the broiler is well heated, place fish across which are placed small narrow strips of bacon, on greased rack. The time required for broiling fish varies from 12 to 30 minutes according to thickness of fish. When finished cooking season with salt and butter or any other desired seasonings. Decorations:—parsley, lemon and paprika.

BROILED STEAKS

Steaks for broiling are usually Porterhouse or T bone steaks and should vary in thickness from 1½ to 3 inches. Use a pyrex meat platter heated hot with seasonings ready to receive steak as soon as it comes from the broiler. The seasonings may be fancy ones, hot butter, salt, sugar, black pepper and A-1 sauce are very delicious. This should be creamed together and should cover the bottom of the platter the balance being spread over the meat which should be served piping hot. Decorations:—Few sprigs of water cress.

BROILED VEGETABLES

Parboil large Spanish or Bermuda onions in salt water and when slightly tender drain well and cut across in halves. Place in a shallow pan and sprinkle with salt, sugar, black pepper and a teaspoon of butter on each onion. Put a little of the water from the onions in the pan so that it will not burn. Broil slowly for 15 to 20 minutes. Before removing from broiler increase the flame. to brown slightly.



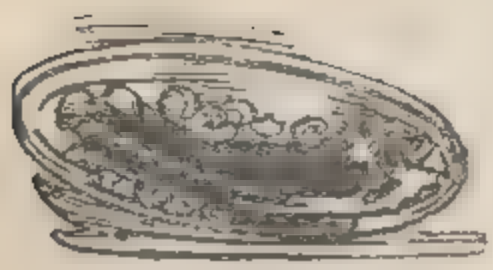
Treat other vegetables accordingly. Vegetables such as potatoes (Irish or sweet) and carrots may all be broiled with skins on and have skins removed and ready to broil with chops or steaks. Each vegetable should be seasoned and dusted with paprika.

Tomatoes may be broiled whole, just remove with sharp pointed paring knife a small bit of tomato and insert cracker to absorb juices and season with salt, sugar, onion and butter, place on rack with other vegetables. The skins do not burst and the tomatoes remain whole and are very attractive and delicious served with other vegetables and meat. Decorations:—Sprigs of green and nasturtium flowers.

MIXED GRILL PLATE

Small linked sausage
Sliced bacon
Sliced tomatoes
Sliced pineapple
Sweet potatoes parboiled

In preparing a mixed grill dinner all foods are served hot from the grill on a platter sometimes known as the club plate. For preparing the grill a shallow pan or broiler pan is used and foods arranged in rows. Across the top place the sausage, second row, pineapple; third, the tomatoes; fourth, sweet potatoes; having enough so that there is a slice of each for everyone to be served Allow the sausage to sear first under the broiler, add the vegetables when broiled on one side; sprinkle with salt, and turn up other side, sprinkle with salt and finish under broiler. Add the bacon and turn it over once to broil on both sides. Decorations:— Parsley or water cress.



BROILED DESSERTS

Baked Alaska

Mould of ice cream
Sweetened egg white
Layer cake

Use cookie sheet or toast tray which will fit in broiler. Place on this small paper doilies which will conveniently hold a slice of sponge cake in the centre of which place a serving of ice cream covered thickly with meringue. Minced maraschino cherries which have drained thoroughly on a soft cloth or absorbent paper may be spread over top of meringue before placing in broiler.

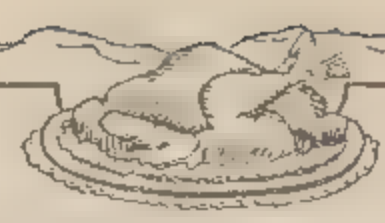
Have broiler heated before placing Alaskas in to brown. The browning usually requires from 3 to 5 minutes. When finished, remove with doilies on to a suitable plate for serving and serve immediately.

Ice Cream Tarts

8 baked tart shells
1 cup crushed pineapple
½ pt. strawberry ice cream
2 egg whites
⅓ cup conf. sugar

Drain juice from pineapple and cover bottom of tart shells with pineapple pulp. Fill in with ice cream and cover with meringue made from egg whites and powdered sugar. Brown in broiler and serve at once.

Note:—See Broiling Instructions page 2.



POULTRY, FISH AND STUFFINGS

POULTRY

(Time for roasting poultry is 20 minutes to the pound)

Remove intestinal organs and rinse thoroughly in cold clear water, etc. If fowl is aged, rub inside and out with vinegar, this will help tender the fibres. Seasoning will consist of salt, pepper, sugar, minced onions, celery and any other spices one may desire (See pages 3 and 4). Stuff the fowl to suit taste.

Always sear the fowl in a hot oven, temperature 450° for 20 to 30 minutes in an open roaster with a rack in the bottom so that the fowl will be seared on all sides and the juices retained. When well seared, set the AutomatiCook at 350° and cook until finished -the time depending upon the weight of the fowl. To be conservative, cook the whole meal with the fowl as per menu No. 7, page 42.

FISH

Best temperature for baking fish is 350° F. to 450° F. Time required for baking will depend upon the size and thickness of the fish—varying from 20 minutes to about one hour.

POTATO STUFFING

Mix the ingredients in the order given.

2 cups hot mashed potato
1 cup bread crumbs
½ teaspoon pepper
½ teaspoon salt
1 teaspoon sage
4 tablespoons butter
2 tablespoons onion juice

OYSTER STUFFING

Mix the oysters well with the bread crumbs and seasoning, add melted butter.

1 pint oysters
1 teaspoon salt
¼ teaspoon pepper
2 cups dry bread crumbs
½ cup butter

SAUSAGE STUFFING

Mix sausage and crumbs, then add seasonings.

½ pound sausage meat
2 cups dried bread crumbs
Salt and pepper
Tablespoon sauce
Tbsp. minced parsley

MUSHROOM STUFFING

Mix bread crumbs and butter, then add the mushrooms, salt and parsley.

½ cup chopped mushrooms
3 cups stale bread crumbs
6 tablespoons butter
2 teaspoons salt
1 teaspoon minced parsley

CHESTNUT STUFFING

Shell and blanch the chestnuts and boil one half hour, in water enough to cover, drain and chop. Chop the meat and add to the chestnuts, add the other ingredients and mix well.

50 large chestnuts
2 cups cooked meat or poultry
1 tablespoon salt
½ teaspoon pepper
1 teaspoon minced parsley
½ teaspoon thyme
3 tablespoons butter

BREAD STUFFING WITH ONION

Add the seasonings and butter to the crumbs and beat the milk in last

1½ cups bread crumbs
1 teaspoon salt
¼ teaspoon pepper
½ cup milk
1 tbspn. chopped onion
1 tablespoon butter

WHOLE MEAL OVEN COOKING

One of the chief advantages of the AutomatiCook is in the cooking of whole meals and removing them from the oven on scheduled time. Such meals, consisting of soups, meats, fish, vegetables, cereals, macaronies, puddings, etc., can be prepared and cooked, ready for serving, with practically no attention or time spent in the actual cooking as the AutomatiCook takes care of that important part of the work. A person may leave the house for the entire cooking period and return to find the whole meal cooked perfectly, ready for serving.

For those combinations of meals which include roast meats or fowl, it is necessary first to sear the meat or fowl in an uncovered pan and then cover it for the roasting process. For the vegetables and other foods, simply prepare these and place in the oven for the required length of time. Do not baste nor add water during the cooking process, as the juices and flavors will be retained in the covered pans.

After searing the meats in whole meal cooking, it is never necessary to open the oven door nor change the temperature setting after it has been re-set to the lower temperature. Most of the foods are cooked in covered pans.

The method of roasting in uncovered pans is thought by many to produce a finer flavor than in covered pans. This method, however, should be used only for tender roasts.

PASTRIES, BISCUITS and similar fast cooking foods should be cooked separately and not with whole meals, as they require but a short time to cook and at a very high temperature. If prepared in advance, pastries, biscuits, etc. can be baked after removing the whole meal from the oven, and with the AutomatiCook reset to the higher temperature required.

WHOLE MEAL OVEN COOKING

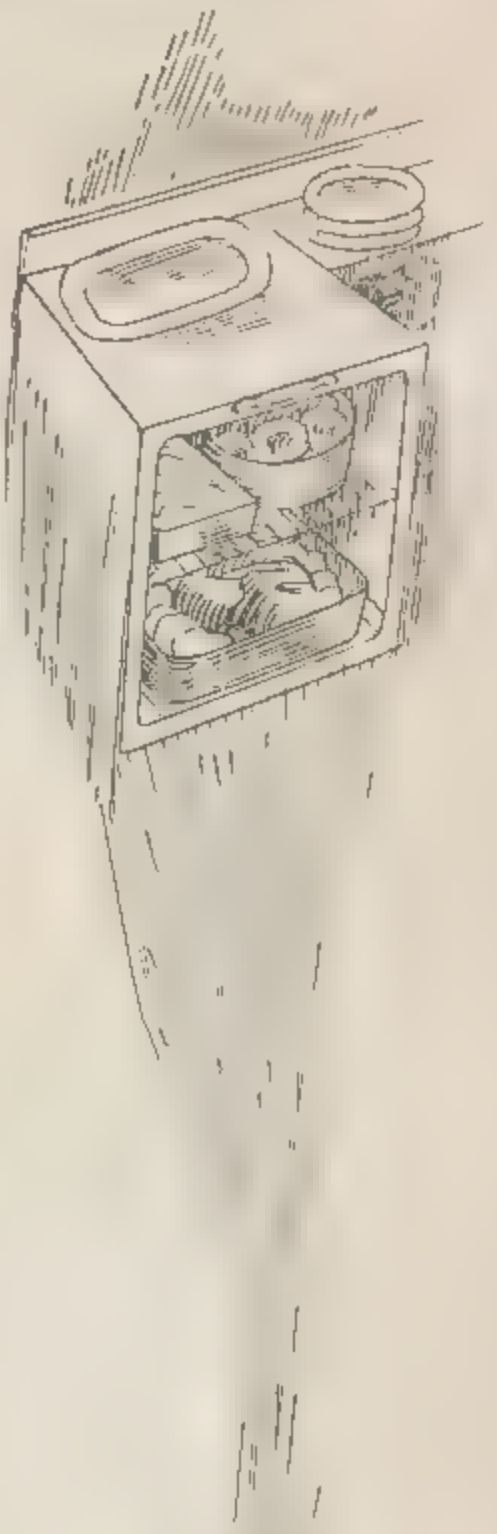
SPECIAL NOTICE

In the following whole meal menus, we have listed only the foods which can be quickly prepared and cooked in the oven at one time without attention. The housewife can use her own judgment for dressing up the meal by adding pickles, olives, relishes, salads, celery, uncooked desserts, biscuits, pastries, bread, coffee, cocoa, milk, etc.

The Whole Meal Menus given are merely suggestions and many other combinations can be used. Different kinds of soups, meats, fish, oysters, etc. can be selected, casserole dishes such as macaroni and cheese, spaghetti, meat pies, hash, etc. can be substituted for meats or fish and any preferred vegetables and cooked deserts can be selected.

Vegetables may be creamed, mashed, served whole or boiled, according to preference.

Soups and cereals may, if desired, be cooked over night at the 250° temperature.



TIMES AND TEMPERATURES FOR WHOLE MEALS

For a one and one-half-hour meal set the AutomatiCook to the 350° mark.
For a three-hour meal set the AutomatiCook to the 275° mark.
For a four or five-hour meal set the AutomatiCook to the 250° mark.

WHOLE MEAL MENU—No. 1

BAKED HAM WITH POTATOES — BOILED ONIONS
STEWED APRICOTS — BREAD PUDDING

Oven cooking temperature: 350° for one and one-half hours, 275° for three hours, or 250° for four or five hours.

BAKED HAM WITH POTATOES: Place slice of ham 1 inch thick in baking dish. Pare potatoes, cut in thick slices and place around ham. Cover ham and potatoes with sweet milk. Not necessary to cover this dish.

BOILED ONIONS: Place onions in baking dish with small amount of water. Season with ¼ cup butter, 1 teaspoon sugar and cook in covered dish. Upon removal from the oven, season with salt and pepper.

STEWED APRICOTS: Use ½ pound apricots. Place in baking dish adding one quart of water. Cook in covered dish. Upon removal from the oven add 1 cup sugar.

BREAD PUDDING: Two cups stale bread crumbs softened with 1 quart scalded milk. Softening usually requires about one-half hour's time. Then add 2 eggs, ⅓ cup sugar, ½ teaspoon salt, ½ teaspoon vanilla or ¼ teaspoon nutmeg and ¼ cup melted butter Mix well, pour into buttered baking dish. Bake uncovered.

½ cup turnips, diced
½ cup carrots, diced
½ cup celery, cut in small pieces
½ onion, cut into bits
4 tablespoons butter
1 cup potatoes, diced
1 quart water
2 teaspoons salt

½ lbs. onions
2 quarts boiling water
2 teaspoons salt
2 tablespoons butter
Dash of paprika

WHOLE MEAL MENU – No. 2

Vegetable Soup	Roast Beef and Brown Gravy	Mashed Potatoes	Buttered Onions

Oven cooking temperatures: 350° for one and one-half hours, 275° for three hours, or 250° for four or five hours.

VEGETABLE SOUP: Put the turnips carrots, onions, celery and butter in the pan and saute on the top burner, stirring well, until all vegetables are browned. If desired, one cup of chopped meat may be browned with the vegetables, or hot soup stock may be used. Add the remaining ingredients. Then cover the pan and place it with the whole meal in the oven.

ROAST BEEF: Wipe roast beef with damp towel, punch holes in meat with skewer and fill with seasoning, salt, pepper, sugar, minced onions, etc , rub outside with seasoning, rubbing in well Rub with butter and pat on all the flour the meat will absorb. Sear the meat at 500° in an uncovered pan for 20 minutes.

GRAVY is made by browning flour in drippings and adding milk or water.

MASHED POTATOES: Peel necessary amount of potatoes, place in tightly-covered vessel. Mash when meal is ready to be served adding salt, butter, cream and pepper.

BUTTERED ONIONS. Remove the skins from the onions and then let stand in water for about ½ hour Drain, place in vessel. add cream sauce and seasoning. Cook covered with whole meal

GRAHAM PUDDING
½ cup butter
1 teaspoon baking powder
½ cup sweet milk
1 teaspoon cloves
½ teaspoon soda
½ cup sugar
1 teaspoon cinnamon
1½ cups graham flour
½ cup molasses
1 teaspoon salt
1 egg
1 cup raisins, dates or figs

WHOLE MEAL MENU—No. 3

Tomato Soup	Roast Leg of Lamb	Browned Potatoes Buttered Beans	Baked Apples Graham Pudding

Oven cooking temperature: 350° for one and one-half hours, 275° for three hours, or 250° for four or five hours.

TOMATO SOUP: Use recipe in this book on page 52; cook in the oven in covered pan with the whole meal.

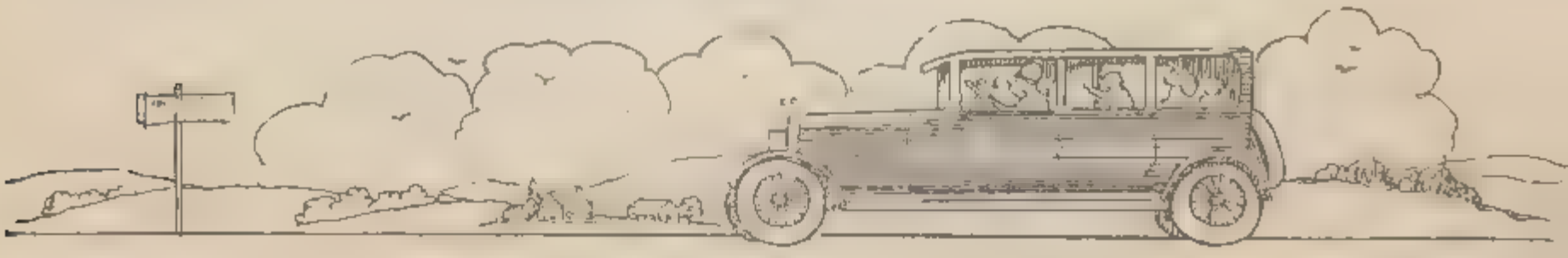
LEG OF LAMB: Wipe roast with damp cloth. Rub outside with flour, salt and pepper. Sear at 500° for 30 minutes.

BROWNED POTATOES: Pare and cut potatoes, pierce with fork and arrange around roast after the roast has been seared.

BUTTERED BEANS, DRY: Add water to cover beans. Season Cook in covered vessel with whole meal. All dry beans are best soaked in water over night

BAKED APPLES. 6 apples, ¼ teaspoon cinnamon, ½ cup sugar Wash and quarter apples Place in baking dish Add sugar, cinnamon. Cook in covered dish.

GRAHAM PUDDING Melt butter Add molasses, sugar, milk and egg, well beaten Mix and sift dry ingredients Add to first mixture Add raisins, dates or figs Turn into buttered mold. Cook in oven with other foods.



WHOLE MEAL MENU—No. 4

ROAST PORK CANDIED SWEET POTATOES BAKED TOMATOES
APPLE SAUCE TAPIOCA PUDDING

Oven cooking temperature: 350° for one and one-half hours, 275° for three hours, or 250° for four or five hours.

ROAST PORK: Wipe and clean loin roast of pork, place in uncovered roaster and sear at 500° for 30 minutes. Reset AutomatiCook to the required lower temperature.

CANDIED SWEET POTATOES: See recipe under "Vegetables," page 47. While pork is searing place the pan of sweet potatoes uncovered in the oven and let the potatoes cook for about ten minutes, then open the oven door and turn the potatoes over and let them cook for another ten minutes. Then cover the pan and allow them to cook for the full length of time with the whole meal.

BAKED TOMATOES: See recipe under "Vegetables," page 46. Bake in covered dish with the rest of the whole meal.

APPLE SAUCE: Pare and cut apples in quarters. Put in pan adding water and sugar. Cover the pan and place in the oven and cook with the whole meal.

TAPIOCA PUDDING: See recipe under "Puddings," page 50. Cook in covered dish in the oven with the rest of the whole meal.

WHOLE MEAL MENU—No. 5

BAKED STUFFED FISH POTATOES AU GRATIN ESCALLOPED CABBAGE
RICE PUDDING

Oven cooking temperature 350° for one and one-half hours, 275° for three hours, or 250° for four or five hours.

BAKED STUFFED FISH: Select the preferred stuffing for the fish, from page 37. Place fish in well-buttered pan and sear at 450° for 20 minutes. Reset AutomatiCook for the low temperature cooking process and bake with the whole meal.

POTATOES AU GRATIN: See recipe under "Vegetables," page 47. Cook with whole meal in oven in covered dish.

ESCALLOPED CABBAGE: Cut one head cabbage in pieces, put in buttered baking dish, sprinkle with salt and pepper, add 1 cup cream sauce. Cover with buttered crumbs. Cook in covered dish with whole meal.

RICE PUDDING: See recipe under "Puddings," page 49. Cook in covered dish with the whole meal.

2 lbs. beef
½ pound suet
1 tablespoon minced onion
Salt and pepper

* * *

2 lbs. veal
½ lb. fat salt pork
6 crackers
4 tablespoons cream
2 tablespoons lemon juice
1 tablespoon salt
½ tablespoon pepper
Onion juice

WHOLE MEAL MENU—No. 6

BEEF OR VEAL LOAF SCALLOPED POTATOES STUFFED ONIONS
BOSTON BROWN BREAD

Oven cooking temperature: 350° for one and one-half hours, 275° for three hours, or 250° for four or five hours.

BEEF LOAF: Grind the suet with the beef and add the onion, salt and pepper. Form into loaf and pat on flour and butter. Sear uncovered at 500° for 20 minutes. Reset AutomatiCook for the low temperature cooking process and cook with the whole meal.

VEAL LOAF. Grind together the veal, fat salt pork and crackers. Add cream, lemon juice, salt, pepper and few drops of onion juice. Form into loaf, brush with white of egg. Sear uncovered at 500° for 20 minutes Reset AutomatiCook for the low temperature and cook with the whole meal.

SCALLOPED POTATOES: See recipe under "Vegetables," page 46. Cook in covered dish with whole meal.

BOSTON BROWN BREAD· See recipe under "Puddings," page 50.

WHOLE MEAL MENU No. 7

ROAST FOWL WITH GIBLET GRAVY BAKED CORN MASHED SQUASH
ENGLISH PLUM PUDDING CRANBERRY SAUCE

Oven cooking temperature: 350° for one and one-half hours, 275° for three hours, or 250° for four or five hours.

ROAST FOWL: Clean thoroughly, wipe dry. Rub inside with salt and pepper, 1 teaspoon sugar, 1 tablespoon minced onion, 1 tablespoon minced celery Rub outside of fowl with butter and pat on flour. Add stuffing, page 37. Sear at 450° for 20 minutes in uncovered pan. Reset AutomatiCook for the low temperature cooking process and cook with the whole meal.

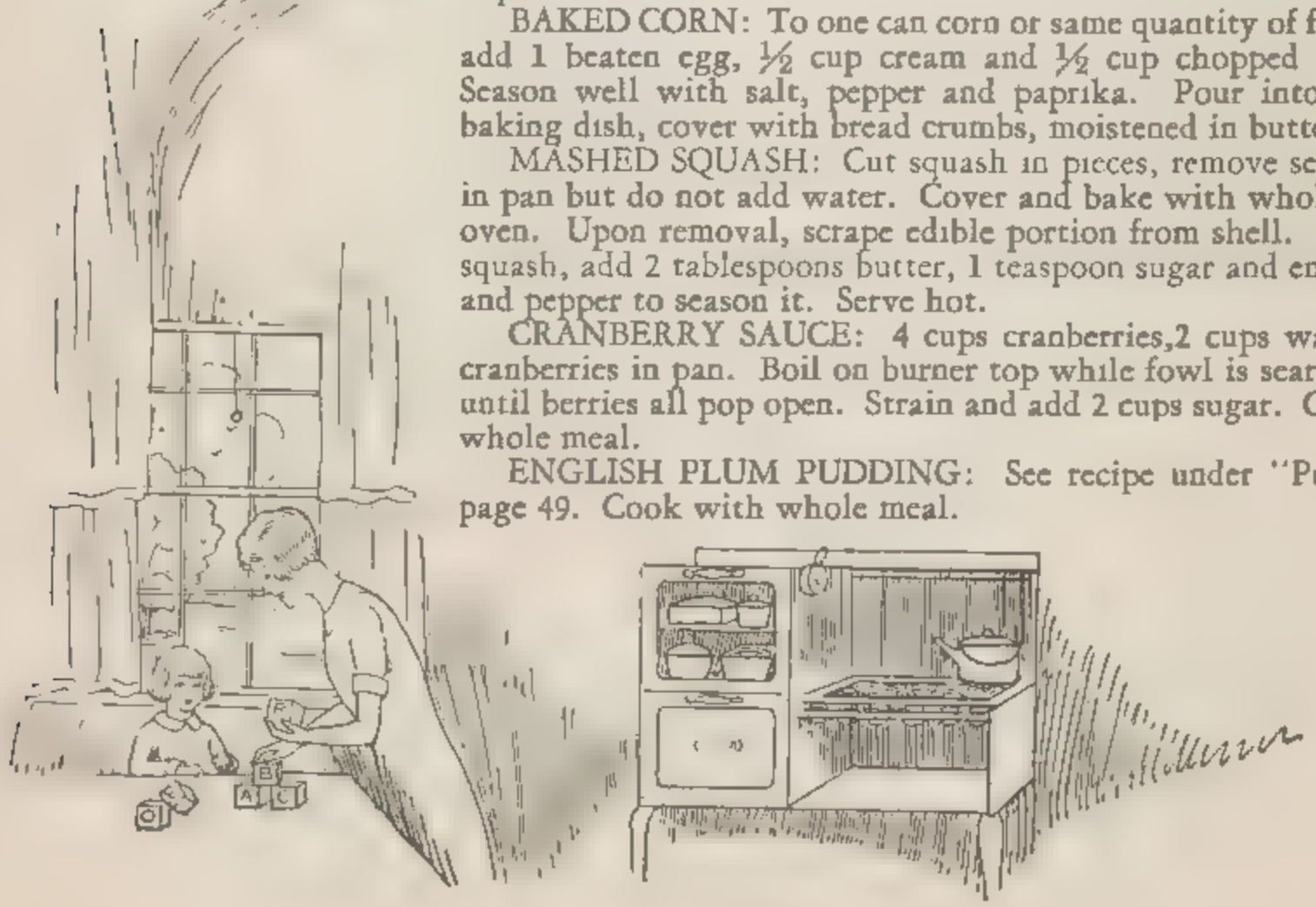
GIBLET GRAVY. Add 2 tablespoons flour to each 2 tablespoons fat, brown slightly, add water or milk (2 cups) add cooked giblets cut in small pieces. Bring to boil. Make any amount of gravy required.

BAKED CORN: To one can corn or same quantity of fresh corn, add 1 beaten egg, ½ cup cream and ½ cup chopped pimentos. Season well with salt, pepper and paprika. Pour into buttered baking dish, cover with bread crumbs, moistened in butter.

MASHED SQUASH: Cut squash in pieces, remove seeds, place in pan but do not add water. Cover and bake with whole meal in oven. Upon removal, scrape edible portion from shell. Mash the squash, add 2 tablespoons butter, 1 teaspoon sugar and enough salt and pepper to season it. Serve hot.

CRANBERRY SAUCE: 4 cups cranberries,2 cups water. Put cranberries in pan. Boil on burner top while fowl is searing. Boil until berries all pop open. Strain and add 2 cups sugar. Cook with whole meal.

ENGLISH PLUM PUDDING: See recipe under "Puddings," page 49. Cook with whole meal.



CASSEROLE COOKERY

Casseroles range in size, from the individual ramekin up to a size which will hold at least two chickens

The mixtures of chicken, sweet breads, fish, macaroni and vegetables may be carefully prepared before placing in the casserole, and transferred to it topped with crumbs and cheese and oven cooked. Such dishes can be served right from the casserole.

Casserole cookery makes possible "one-dish" meals which eliminates all but the one cooking and serving dish. It also makes possible the use of left-overs and these can be made up in attractive, palatable, appetizing ways. Tough meats can be cooked tender and the vegetables can be prepared in an unlimited variety of ways. Any vegetable may be boiled, steamed, baked, scalloped or creamed in the casserole. Cabbage, cucumbers, eggplant, onions, peppers, potatoes or tomatoes, may be stuffed and cooked in the casserole. Foods may be kept warm and still attractive even if the meal is delayed. The casserole also retains the juices of the meats and vegetables that are cooked in it, which juices are the valuable part of foods and often completely lost when foods are boiled and the juices thrown away.

A whole meal may be cooking in the oven in a casserole while cookies are being baked or the oven is being used for some other purpose.

Vegetables cooked in a casserole are best if browned in butter before being placed in the casserole.

CASSEROLE STEAK

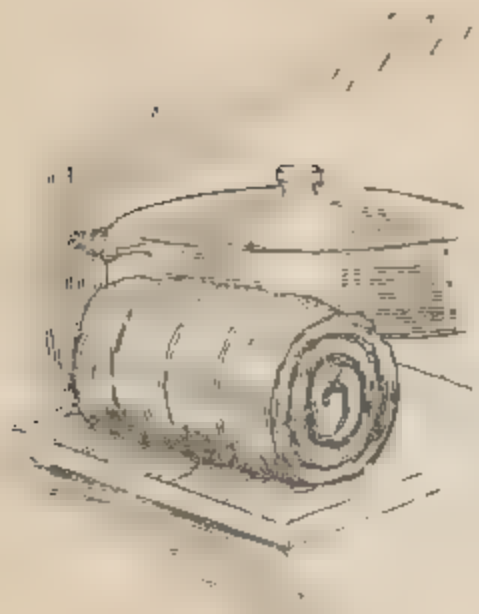
2 pounds steak cut 2½ inches thick from shoulder, clod or other section
½ cup flour
2 tablespoons beef fat
Few slices onion
Salt and pepper
½ green pepper chopped fine
2 cups boiling water or 1 cup water and 1 cup strained tomatoes.

Pound the flour, salt and pepper into the meat with a meat pounder, or the edge of a heavy plate. Heat the fat and brown the meat in it. Add the onions, green pepper, boiling water and tomato. Cover closely. Preheat oven. Bake at 350° for 2½ to 3 hours.

CASSEROLE BEEF

3 pounds rump or clod
Flour mixed with salt and pepper
3 large onions, sliced
3 tablespoons beef fat or butter
2 tablespoons mild prepared mustard
½ teaspoon celery seed
1 cup strained tomatoes or ½ can of tomato soup.

Dredge the meat with flour and brown it in a heavy pan. Brown the onions in the fat; add the mustard, celery seed and tomatoes. Pour this sauce over the meat. Preheat oven. Place in casserole and bake at 350° for 2½ to 3 hours.



STUFFED CASSEROLE BEEF

1 slice of round, 1 inch thick
1½ cups suet
1 tablespoon chopped onion
1 cup bread crumbs
Salt and pepper
Flour

The meat should be cut one inch thick, from the entire center round, both upper and under cut. Lay the meat on a board, sprinkle over it, one cup chopped suet and add a layer of plain, dry stuffing made of crumbed bread, seasoned with salt, pepper and a chopped onion. Roll tightly and tie with wrapping twine. When ready to bake, melt one-half cup of suet in a flat-bottomed iron kettle. Flour the meat, thickly, and lay the roll in the kettle to brown, turning until nicely browned. Preheat oven. Place in casserole, add water to nearly cover, place on the cover, set in oven at 350° for 2½ to 3 hours. When done, lift out meat, thicken juices and pour over meat for serving.

LAMB CASSEROLE

Cut cooked lamb in small pieces. Put lamb and cooked macaroni in layers in a greased casserole. Pour thin gravy or thin white sauce over the top layer and cover with bread crumbs. Preheat the oven and bake at 500° for 12 minutes.

CASSEROLE PORK CHOPS AND SWEET POTATOES

1 pound pork chops
6 sweet potatoes
2 medium onions
3 tablespoons flour
Salt and pepper

Cut chops in pieces, slice raw sweet potatoes and onions Arrange in layers in casserole, sprinkle each layer with pepper, salt and flour Preheat oven Cover and cook at 350° for 1½ hours.

CASSEROLE CHICKEN

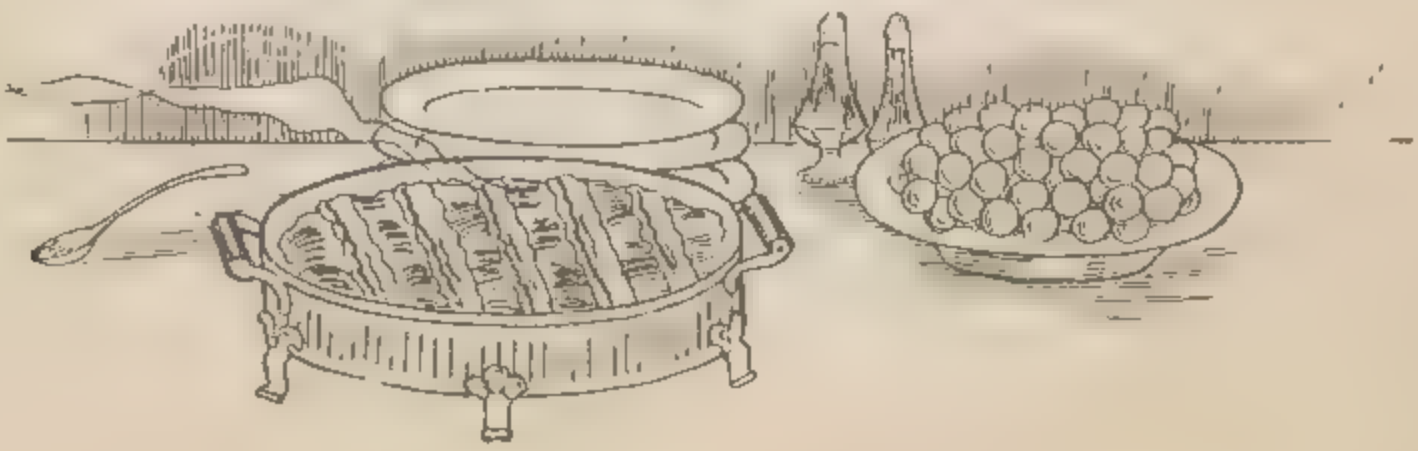
Clean, dress and cut up fowl, season with salt and pepper, dredge in flour and brown nicely in hot lard. Place chicken in greased casserole and put in oven with cover on. Preheat oven. Cook at 350° for 2½ to 3 hours The casserole dish must be large enough that the cover will fit perfectly tight.

Saute in butter, mushrooms, potato balls, slices of carrots and tiny onions and these may be added to the casserole chicken. Season the vegetables with salt and pepper and paprika. This provides a combination dish of fowl and vegetables which is very delicious.

CASSEROLE LIVER

1 calf's liver
6 slices bacon
Flour
3 cups potato balls

Wash a calf's liver thoroughly and wipe dry. Place the liver in bacon fat and sear each side thoroughly Transfer to a casserole, add slices of bacon Preheat oven. Cook at 350° for 2½ to 3 hours Just before serving, add potato balls which have been fried in deep fat and sauted mushrooms



CASSEROLE SWEET POTATOES

Sweet potatoes Brown sugar Butter Salt

Parboil medium-sized sweet potatoes and when partially cooked, peel, cut in halves, lengthwise. Melt butter in casserole Put in a layer of sweet potatoes and sprinkle them with brown sugar. Place another layer of potatoes over the first, dot with butter, and sprinkle with sugar and a little salt. Repeat this until the casserole is filled. Bake with whole meal, or at 500° for 12 minutes. There should be sirup in the bottom of the casserole when the potatoes are served. Marshmellows may be laid on top and browned just before serving.

MACARONI STUFFED PEPPERS

Add macaroni cut in small pieces to the soup, add cheese and egg slightly beaten Cut a slice from the stem end of each pepper and remove seeds. Parboil for five minutes in salted water. Drain, fill with the macaroni mixture and cover with buttered crumbs. Preheat oven. Bake at 500° for 12 minutes.

2 cups cooked macaroni
1 cup canned tomato soup
½ cup grated cheese
1 egg
6 green peppers
Buttered crumbs

MACARONI AND CHEESE

Cook macaroni in plenty of boiling water until soft, 20 to 30 minutes usually being required. Drain thoroughly in colander. Grease baking dish with butter and arrange layer of macaroni in bottom of dish. Sprinkle with salt, pepper and cheese. Repeat until dish is full, but for the top layer of macaroni, sprinkle butter over it. Add milk enough to almost cover, preheat the oven and bake at 500° for 12 minutes. If desired, a clove of garlic may be added to the water in which the macaroni is boiled

BAKED BEANS

Soak beans over night. Put in bean pot. Bury salt pork in center, part fat and part lean and one small onion, sliced. Mix molasses, salt, mustard, water and pour over beans. Add boiling water to cover beans; cover bean pot, put in oven and bake at 250° for 6 hours or longer.

Butter, lard or olive oil may be substituted for salt pork.

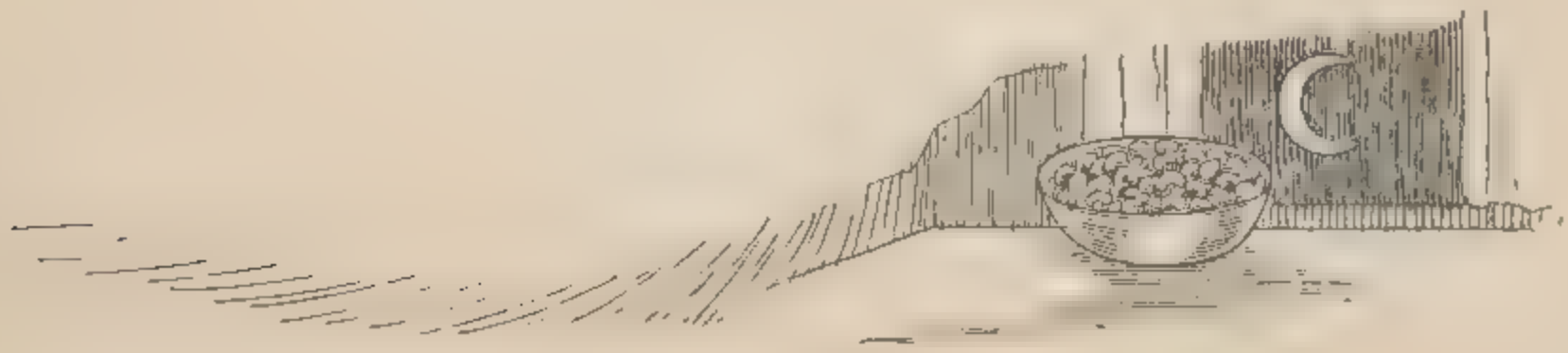
1 cup beans
3 oz. salt pork
1 small onion
2 tablespoons molasses
1 teaspoon salt
½ teaspoon mustard
1 cup water

LIMA BEANS

Soak dried lima beans over night in enough cold water to cover. Put in bean pot and season with salt and pepper. Add a cube of fat salt pork cut in small pieces, onion, thinly sliced, and butter. Add water to almost the height of the beans, cover and place in oven at 250° for 6 hours or longer. Serve from the bean pot.

Cream may be added just before serving.

2 cups dried lima beans
½ teaspoon salt
⅛ teaspoon pepper
Two-inch cube salt pork
1 small onion
2 tablespoons butter



VEGETABLES

Vegetables, such as onions, string beans, salsify, spinach, asparagus, beets, brussels sprouts, carrots, cauliflower, green corn, tomatoes, etc., may all be cooked with the whole meal in the oven.

Cook in tightly-covered vessels, season with butter and small amount of sugar without adding much, if any, water.

Vegetables cooked in this manner retain all salts and minerals and are very delicious. Dried peas and beans should be soaked for several hours before they are cooked.

OVEN COOKED POTATOES: Pare potatoes, put in tightly covered vessel, add very little water if any at all. Cook with whole meal in oven. These potatoes may be mashed or served as desired.

OVEN FRENCH FRIED POTATOES. Pare and prepare potatoes as for French fries. Dry thoroughly on a towel. Stir potatoes in melted butter until thoroughly coated. Preheat oven and place in a shallow pan or small wire basket and bake at 450° for 1 hour. Salt potatoes immediately after removing from oven.

SCALLOPED POTATOES: Pare raw potatoes and cut them into thin slices. Place in a baking dish a layer of the potato, one inch deep, season with salt and pepper, sprinkle a portion of the flour over each layer, add a part of the butter in bits. Then add another layer of the potato, seasoning as before, and continue until the required amount is used. It is advisable not to have more than two or three layers because of difficulty in cooking. Add milk until it can be seen between the slices of potato. Preheat oven. Cover and bake at 350° for 1¼ hours. Brown at 500° for 12 minutes. Serve from the baking dish.

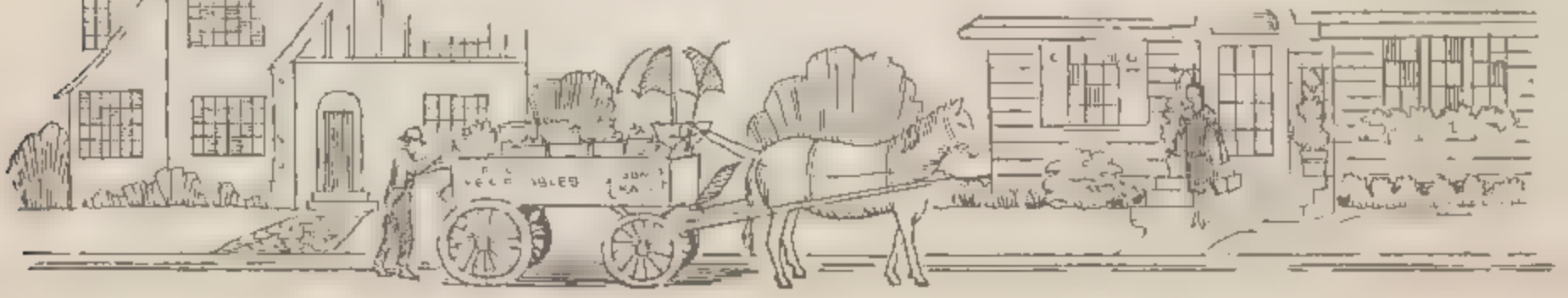
6 medium-sized potatoes
2 tablespoons flour
4 tablespoons butter
Milk
Salt and pepper

DUTCH POTATOES: Pare medium-sized potatoes, then with an apple-corer, cut a tunnel through the center of each, lengthwise. Draw through each cavity one of the frankfurters. Place in a dripping pan and lay a blanket of fat salt pork or a thick slice of bacon on each potato. Preheat oven. Pepper lightly and bake until the potatoes are tender at 450° for 1 hour. If preferred, the potatoes need not be pared.

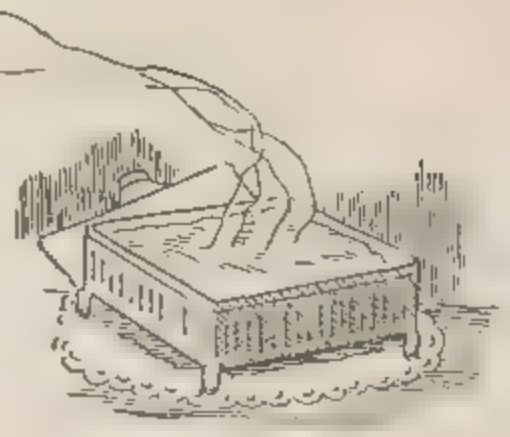
6 potatoes
6 frankfurter sausages
6 slices fat salt pork or bacon
Pepper

BAKED TOMATOES: Peel tomatoes and cut them in slices one-fourth inch thick. Place a layer of tomatoes in a pudding dish, and sprinkle over them a little salt and pepper. Rub the butter into the crumbs with the sugar. Spread mixture thickly upon tomatoes using all of it, and add another layer of tomatoes. Add bits of butter, sprinkle with dry crumbs. Preheat oven. Bake at 500° for 12 minutes.

6 tomatoes
4 tablespoons butter
Salt and pepper
1 cup bread crumbs
1 teaspoon sugar



POTATOES AU GRATIN



Creamed potatoes (cooked)
1 teaspoon finely chopped parsley.
1 cup buttered crumbs
2 to 4 tablespoons grated cheese.

Turn into buttered baking dish, sprinkle with cheese, cover with buttered crumbs, preheat oven and bake at 500° for 12 minutes.

SOUTHERN CANDIED OR GLAZED SWEET POTATOES

Boil potatoes until about two-thirds done or, when pierced with a fork, they are solid in the center. Remove from the water and let cool, remove the skins and they are ready for baking. Grease shallow pan with butter, place the potatoes in the pan, sprinkle with salt, cover with brown sugar and cook with whole meal.

6 sweets, ordinary size
3 tablespoons butter
2 teaspoons salt
1½ cups brown sugar

SWEET POTATO PUFF

To the mashed potatoes add the melted fat, seasonings and milk. Beat the egg yolk and white separately, add the yolk to the potato mixture and then fold in the white. Preheat oven. Bake in one dish or in individual molds at 500° for 12 minutes.

2 cups mashed sweet potato
2 tablespoons butter
Salt and pepper
¼ cup milk or cream
1 egg

SWEET POTATOES WITH PINEAPPLE

Boil the potatoes with the skins on When cool, peel and cut them in pieces one-quarter of an inch thick. Add honey and hot water. Cover the bottom of a baking dish with a layer of sweet potatoes and sliced pineapple. Pour the remaining honey over them preheat oven and bake at 500° for 12 minutes.

6 small sweet potatoes
⅓ as much pineapple as potato
¼ cup honey

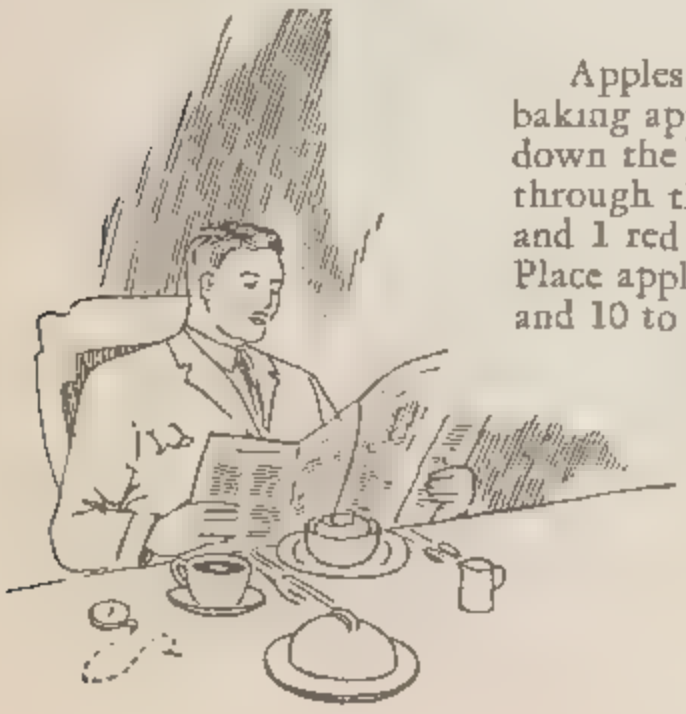
ONIONS

Select small white onions, cook in the oven in a casserole dish, seasoned with salt, pepper, sugar, cracker crumbs, butter and cream. Preheat oven Bake at 350° for 1½ to 2 hours or cook with the whole meal in the oven.

STUFFED ONIONS

Remove a slice from the top of each onion and parboil the onions until almost tender. Drain and remove the centers, making six little cups. Chop the onion which was scooped out and combine with the ham and soft crumbs. Add seasoning and refill the onion cups. Place in a baking-dish, cover with crumbs, add the milk, preheat oven and bake at 500° for 12 minutes.

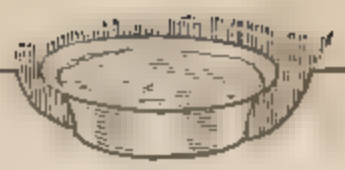
6 medium to large onions
½ cup chopped ham or chopped green pepper
½ cup soft bread crumbs
½ cup milk
Pepper
½ teaspoon salt
1 tablespoon fat



APPLES BAKED WITH SYRUP

Apples which are good flavored eating apples are usually good baking apples. Prepare the apples by paring about one-fourth way down the apple and core out blossom end about three-fourths way through the apple. Place in this cavity about ½ teaspoon butter and 1 red cinnamon drop and fill balance of the way with sugar. Place apples in baking dish, add ½ cup sugar, ½ teaspoon vinegar and 10 to 12 red cinnamon drops. Bake with whole meal in oven.

Chopped raisins or nuts, or cocoanut topped with marshmallows may be added and are pleasing to the taste.



CUSTARDS, PUDDINGS, SAUCES

1 cup liquid
1 whole egg, or
2 egg yolks

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1 cup liquid
1 whole egg and
3 egg yolks

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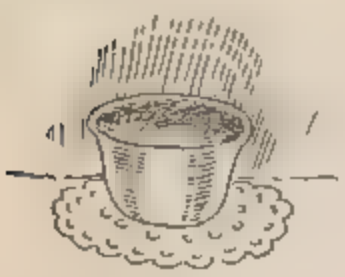
1 cup liquid
2 whole eggs, or
1 whole egg and
2 egg yolks



2 cups scalded milk
3 eggs
¼ cup sugar (scant)
⅛ teaspoon salt
½ teaspoon vanilla

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2 cups dry bread crumbs
¼ cup flour
2 teaspoons baking powder
¼ teaspoon salt
½ lb. dried dates, figs or raisins, chopped fine
1 cup sugar
1 cup chopped beef suet
½ cup milk
2 eggs
1 tablespoon melted butter

CUSTARDS

Mix ingredients of custards by stirring and not by beating. A custard is a mixture of cooked egg and milk, flavored. Starchy material is sometimes used to replace part of the eggs. Custards are classified according to the method used in cooking them; those cooked over hot water and stirred throughout the cooking process are known as soft or stirred custards; those set in hot water and cooked in the oven are firm or baked custards.

The firmness of a custard depends upon the proportion of eggs to milk. The finest grained custards are those in which the yolks predominate. When eggs are expensive, modify recipe for custards by substituting 2 teaspoons of cornstarch for 1 egg.

CUSTARD MIXTURES

Makes a mixture that has sufficient body to bake in small cups or for a medium thick soft custard.

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Makes a mixture that has sufficient body to bake in a large baking dish and hold its form while in the dish, or, when baked in small cups, to retain the form of the cup when turned into another dish.

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Makes a mixture that has a sufficient body, when baked in a large baking dish, to hold the form of the dish when turned into another dish. Good foundation for frozen custard where no cream is used. Good foundation for salad dressings.

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Custards usually whey or separate or curdle because they are cooked at too high a temperature.

The custard is done when the blade of a knife run into the center of the custard can be drawn out clean.

PLAIN BAKED CUSTARD

Scald the milk. Mix sugar, eggs, salt and flavoring and combine with scalded milk. Pour into custard cups, set in pan of hot water, preheat oven and bake at 325° for 40 minutes or until firm. A knife blade run into the center of the cooked custard should come out clean.

PUDDINGS

DATE, FIG OR RAISIN PUDDING

Mix in order given, sifting baking powder with the flour. Fill buttered molds, two-thirds full, preheat oven and bake with cover on in pan containing 2 or 3 inches of water at 300° for two hours. Serve with sauce or whipped cream.

ENGLISH PLUM PUDDING

½ lb. seedless raisins
2 oz. citron, cut fine
½ cup chopped almonds
2 cups apples, chopped fine
1 cup fruit juice, any kind
Grated rind of one lemon
1½ cups stale bread crumbs
1 cup suet, chopped fine
½ cup sugar
1 cup molasses
3 eggs
¼ cup flour
1 teaspoon cinnamon
½ teaspoon allspice
½ teaspoon cloves
2 teaspoons baking powder
1 teaspoon salt

Soak raisins, citron, almonds and apples in fruit juice over night. Add remainder of ingredients. Mix thoroughly. Turn into buttered mold. Preheat oven. Set mold in pan containing 2 or 3 inches of water and bake at 300° for 3 hours. Serve with sauce, nutmeg flavored.

SUET PUDDING

Mix and sift the dry ingredients keeping one-half cup flour to sift over raisins. Chop suet fine, add to the milk and molasses. Combine the two mixtures and add the raisins which have been dredged with flour. Grease pudding molds or baking powder cans and fill two-thirds full with the mixture. Preheat oven. Cover, set in pan containing 2 or 3 inches of water and bake at 300° for 2½ hours.

If desired, use one-half whole wheat flour by deducting 1½ cups of white flour and adding 1½ cups whole wheat flour.

3 cups sifted flour
1 teaspoon soda
1 teaspoon cinnamon
1 teaspoon cloves
½ teaspoon nutmeg
1 teaspoon salt
cup suet
1 cup sour milk
1 cup molasses, light
1 cup raisins

BAKED APPLE ROLL

Make a baking powder biscuit dough, roll in sheet about ¼ inch thick. Spread thickly with butter. Add finely diced apples, thickness about 1 inch deep; sprinkle well with sugar, dash of nutmeg. Roll up, pinch edges of dough firmly together and place in pan. Pan to be two-thirds full. Bring roll sauce to boil, pour over roll, preheat oven, bake at 400° for one hour.

ROLL SAUCE
¾ cup sugar
2 teaspoons cornstarch
1½ cups water
2 tablespoons butter
Nutmeg

RICE PUDDING

Separate the eggs, add to the yolks 2 tablespoons milk. Place balance of milk in double boiler over fire. Clean raisins, add to the milk and cook about 5 minutes. Add the rice, cook 5 minutes longer, stir in yolks of eggs, salt, sugar and spice. Stir well, cook two or three minutes longer, remove from fire and pour in pudding dish. Preheat oven. Beat egg whites stiff, add powdered sugar, spread on top of pudding and brown slightly in a 300° oven.

2 eggs
2 cups milk
½ cup raisins
¼ teaspoon nutmeg
1½ cups cooked rice
¼ teaspoon salt
½ cup sugar
tablespoon powdered sugar

4 tablespoons pearl tapioca
or 1½ tablespoons minute tapioca
2 cups scalded milk
⅓ cup sugar
2 eggs
¼ teaspoon salt
1 teaspoon vanilla

1 cup pineapple
½ cup powdered sugar
1 cup tapioca
Boiling water
½ cup sugar
½ teaspoon salt

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1¾ cups sour milk
¾ cup fine ashes
¼ cup sugar
2 cups graham flour
1 cup corn meal
1 teaspoon salt
1½ teaspn. baking powder
½ teaspoon soda
¾ cup seeded raisins
½ teaspoon vanilla

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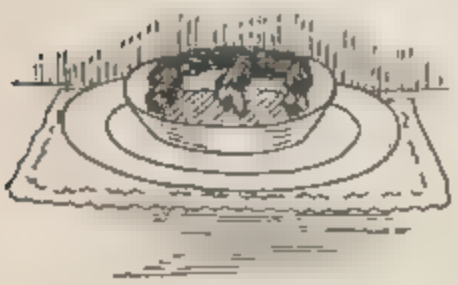
1 cup sugar
2 tablespoons cornstarch
2 cups boiling water
2 tablespoons butter
Flavoring



2 cups powdered sugar
⅓ cup butter
¾ teaspoon vanilla
2 egg whites beaten stiff

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¼ cup butter
1 cup powdered sugar
2 tablespoons wine
2 eggs
½ cup thin cream

TAPIOCA PUDDING

Soak pearl tapioca for one hour in cold water to cover. (Minute tapioca does not need soaking). Drain it, add it to the milk and cook in a double boiler in the preheated oven at 300° until the tapioca is transparent. Add half the sugar to the milk and half to the egg-yolks, slightly beaten with the salt. Pour the hot mixture slowly over the egg, return the mixture to the double boiler, and cook again at 300° until it thickens. Remove it from the heat and add the stiffly beaten egg whites. Add the flavoring and chill the pudding.

TAPIOCA WITH PINEAPPLE

Drain pineapple and sprinkle with powdered sugar. Soak tapioca in cold water. Add to pineapple sirup, enough boiling water to make 3 cups. Heat to boiling point. Add tapioca, sugar and salt to the liquid. Line pudding dish with pineapple. Pour over tapioca mixture and bake in the preheated oven at 300° until it thickens.

BOSTON BROWN BREAD

Mix all ingredients, preheat oven, bake in covered molds, set in 2 or 3 inches of water and bake at 300° for 2½ hours or bake with the whole meal.

SAUCES

PUDDING SAUCE

Mix sugar and cornstarch, add the boiling water, stirring all the while. Cook in double boiler 10 minutes, then add butter and flavoring. Vanilla flavor for vanilla sauce, or lemon, orange, cherry, etc.

For chocolate sauce, use half water and the other half cream, add melted chocolate as desired and a small amount of vanilla flavor.

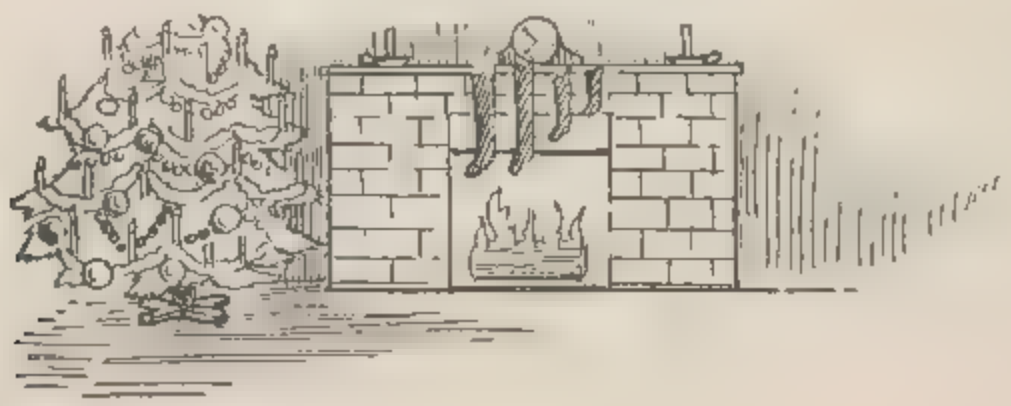
For caramel sauce, use light brown sugar—½ light brown sugar and ½ granulated, with vanilla flavor.

HARD SAUCE

Cream butter and sugar until smooth, add beaten whites of eggs, then add flavor.

PLUM PUDDING SAUCE

Cream butter and sugar, beat in egg yolks. Stir in cream and wine. Cook in double boiler until like custard. Fold in egg whites which have been beaten stiff, then remove from fire.



SOUPS AND APPETIZERS

The purpose of soup at the beginning of the meal is to improve digestion and stimulate the appetite.

Foods containing meat juices or fruit acids are likely to encourage quick passage of food along the digestive tract. This is one reason for beginning the meal with soup or fruit in some form, such as cocktails, consommes, etc.

For appetizers, the portions should be small, as the purpose of this course is to whet but not satisfy the appetite.

In making clear soup use any kind of meat except pork. Two-thirds meat to one-third bone; the proportion of bone to meat should not be too great as most of the flavor comes from the meat. Bone tends to make a cloudy stock.

To make 1 quart of soup or stock use two or three pounds of meat, or meat and bone. Cheap cuts of meat are best for soup as they are the juiciest. Soak the meat in cold water one-half hour or more before making. Cook in tightly-covered vessel in the preheated oven at 250° for three or four hours to insure complete extraction as possible of the juices and flavor of meat. Add to this the seasoning, spices, herbs and vegetables as one prefers and continue to simmer for one-half to one hour longer. The seasoning and vegetables are added at this time rather than earlier.

Soups may be prepared clear as bouillon or consomme, or served with meats, vegetables, eggs, noodles, macaroni in fancy shapes, green peas, diced peppers, tapioca, barley, etc.

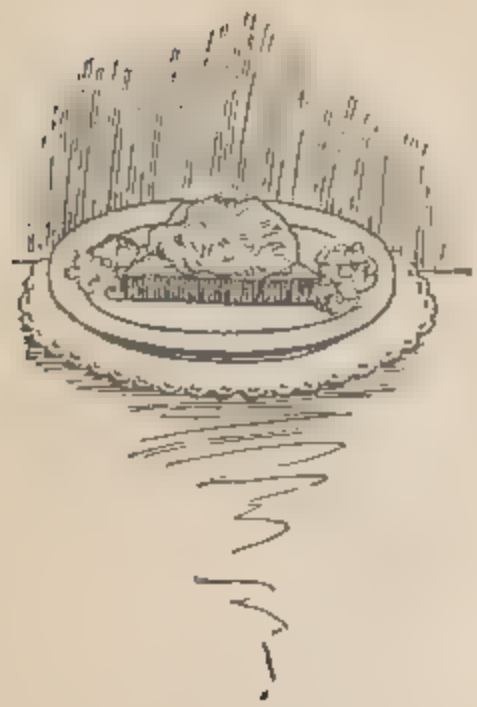
Prepare to one's own fancy and the family taste.

SOUPS, ETC.

CROUTONS

Cut stale bread into slices about one-third of an inch thick, and remove all crust. Spread with butter, cut into cubes and bake in the preheated oven at 300° until delicately browned.

This is a very nice way to use up stale bread and these Croutons are perfectly delicious served with soup, and give the soup a "dressed up" or finished appearance.



CANAPES

Canapes are made from stale bread, cut into quarter-inch slices and shaped with a cutter, into circles, squares or rings, and toasted to delicate brown in the preheated oven at 300°, then covered with any mixture preferred such as sardine, caviar, lobster or shrimp. Cheese and olives, shredded, make good meats to use with shredded or pickled onions, hard-boiled eggs, beets, green peppers, etc.; the two latter cut in fancy shapes. Canape mixtures may be combined with cream, mayonnaise or sauces.

Fruit cocktails may be used also to whet the appetite at the beginning of the meal.

BEAN SOUP

1 pint navy beans
2 small onions
2 tablespoons pepper sauce
2 quarts water.

Soak beans over night, place all ingredients in tightly-covered vessel, preheat oven, cook at 250° for 4 or 5 hours. When finished cooking, strain, add more water if desired and also butter and cream. Serve hot with croutons or crackers.

TOMATO SOUP

1 quart tomatoes, fresh or canned
1 bay leaf
Parsley
1 onion
2 cups water
1 teaspoon sugar
1 tablespoon butter
¼ teaspoon soda
Salt and pepper
1 tablespoon cornstarch

Place all ingredients together and cook in tightly-covered vessel in preheated oven at 250° for 4 or 5 hours.

POTATO SOUP

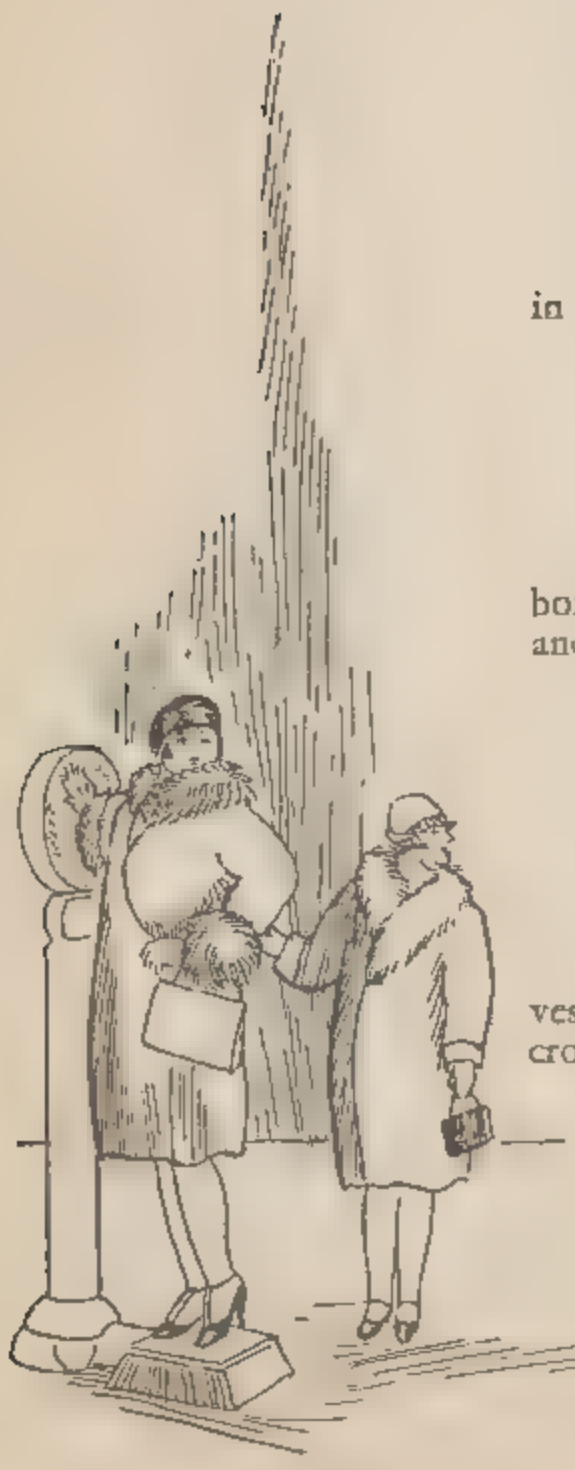
8 medium-sized potatoes, diced
2 medium-sized onions
3 tablespoons butter
4 cups water

Cook until tender. Strain. Add salt and pepper, reheat to boiling point, remove and add 1 cup cream and more water if desired and serve with croutons, or cook with whole meal in oven.

SPLIT-PEA PUREE

1 cup split peas
2 quarts water
1 tablespoon flour
1 tablespoon minced onion
2 tablespoons butter
Salt and pepper
Celery salt

Soak split peas all night. Place all ingredients in tightly-covered vessel with whole meal—when finished, strain, serve hot with croutons.



VEGETABLE SOUP

½ cup carrots, sliced
½ cup celery
½ cup corn
½ cup cabbage
½ onion
1 cup tomatoes
1 cup potatoes, diced
2 teaspoons salt
1 cup ground beef
1 quart water

Place meat and vegetables in cold water and allow to stand an hour. Place in oven and cook at a low temperature with the whole meal.

PANNED OYSTERS

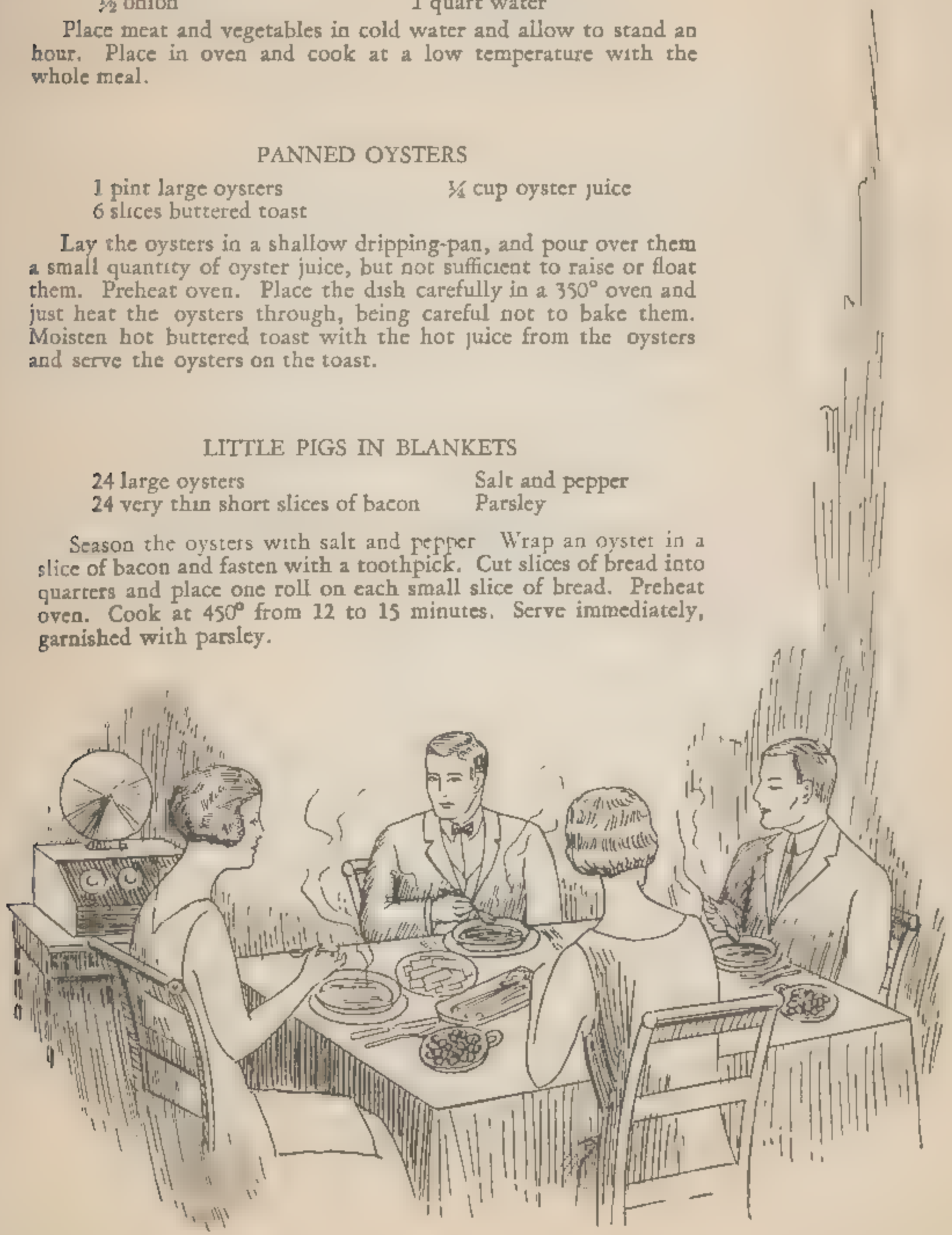
1 pint large oysters
6 slices buttered toast
¼ cup oyster juice

Lay the oysters in a shallow dripping-pan, and pour over them a small quantity of oyster juice, but not sufficient to raise or float them. Preheat oven. Place the dish carefully in a 350° oven and just heat the oysters through, being careful not to bake them. Moisten hot buttered toast with the hot juice from the oysters and serve the oysters on the toast.

LITTLE PIGS IN BLANKETS

24 large oysters
24 very thin short slices of bacon
Salt and pepper
Parsley

Season the oysters with salt and pepper Wrap an oyster in a slice of bacon and fasten with a toothpick. Cut slices of bread into quarters and place one roll on each small slice of bread. Preheat oven. Cook at 450° from 12 to 15 minutes. Serve immediately, garnished with parsley.



CANNING, BUTTERS, JELLIES, PRESERVES

OVEN CANNING INSTRUCTIONS

The oven is a quick, simple convenient means for canning which may be relied upon and the fruits and tomatoes will retain their natural coloring, shape and flavor.

If the chart directions are carefully followed, not one jar canned should spoil. Avoid the possibilities of failure in oven canning by using only fresh fruits and vegetables.

All jars should be inspected for nicks and imperfections that would prevent a perfect seal.

We recommend that only new lids and caps with composition attached, or new rubber rings, be used, a fresh supply each season. They should be dipped in boiling water before using. All jars and covers should be thoroughly washed and scalded.

As the first step for oven canning of fruits and tomatoes, arrange the utensils; two large pans of boiling water, one for scalding the jars, lids, rubbers, etc., and one for scalding the products if they are to be packed hot. All products to be canned should be washed thoroughly and prepared for cooking. Any with earth clinging to them must have special attention and be thoroughly washed and cleaned. Peaches, apricots and tomatoes have a skin which must be removed before packing them into jars, and this is best done by immersing the product in boiling water, using a wire basket, colander or square piece of cheese cloth. Allow the fruit to remain in the boiling water just long enough to loosen the skin, then dip in cold water and peel before packing in jars.

In preparing pineapple for canning, pare and remove the eyes. Then cut up the pineapple removing the hard center core.

For such fruits as raspberries, cherries, blackberries, etc., pack these into scalded jars immediately after being washed and the boiling sirup poured over them.

The sirup for canning fruits can be thin, medium or thick, depending upon the sweetness of the fruit itself. For a thin sirup, bring one part of sugar and three parts of water to the boiling point. For a medium sirup, one part of sugar to two parts of water, and for a thick sirup, one part of sugar to one part of water.

Fill the jars to within one inch of top and place the jars in the oven two inches apart. Immediately upon removal from the oven, seal the jars tightly and then turn upside down until cool. If jars equipped with caps or lids having composition attached, and which require no rubber rings, are used, they should never be turned upside down while cooling and the jar is sealing, nor should the screw band be turned down after the jar is cooled and sealed. These jars are tested for seal as follows. After the contents have cooled, take a spoon and gently tap the lid. If properly sealed, it will give a clear ringing note and be slightly concave (curved inwardly) due to the vacuum inside. If not properly sealed, the sound will be dull and low in key, in which case simply process

OVEN CANNING CHART

FRUITS AND TOMATOES

again, using approximately one-fourth to one-third the regular processing time, and your food is saved. Food touching cap gives slightly dull sound but different from jar that is not sealed. Store in cool, dry place Keep in a dark place where it is cool but not in a place where the products are liable to freeze.

LIST OF PRODUCTS	PREPARATION	FILLING AND HANDLING JARS	PROCESSING PERIOD IN THE OVEN
Apples, whole	Cook until somewhat transparent. Pack hot. Cover with sirup.	Fill jars to within one-inch of top with liquid. Adjust scalded rubbers and partly clamp covers. If using caps or lids with composition attached, put on the cap and adjust the wire clamp, or, if the two-piece cap is used, put the lid in place with composition next to the glass and screw the band tight.	250° for 50 min.
Apples, quartered or sliced.	Pack in jars, cover with boiling sirup.		250° for 1 hour.
Apricots	Immerse in boiling water until skins slip. Cold dip, peel, pit and cut. Pack in jars, add boiling sirup.		250° for 1 hour.
Blackberries, Blueberries, Currants, Dewberries, Huckleberries, Loganberries, Raspberries,	Pack in jars. Fill with boiling hot, medium sirup.		250° for 1 hour.
Cherries	Pack in hot jars. Cover with boiling sirup of desired sweetness.		250° for 1 hour
Gooseberries	Pack in jars, fill with boiling thick sirup.		250° for 1 hour.
Peaches	Immerse in boiling water until skins slip. Cold dip, peel, pit, and cut. Pack in jars, add boiling sirup.		250° for 1 hour.
Pears	Pare, cook 4 to 8 minutes in boiling medium sirup. Pack hot in jars; fill with boiling sirup.		250° for 1 hour
Pineapple	Pare and core. Cut up. Pack, using boiling thin sirup.		250° for 1 hour.
Plums	Prick surface of skin. Pack, using boiling medium sirup.		250° for 1 hour.
Rhubarb	Cut up. Measure and add one-fourth as much sugar. Bake in covered dish until tender. Pack.		250° for 30 min.
Strawberries	Add 1 cup of sugar and 2 tablespoonfuls of water to each quart. Simmer 15 minutes. Stand over night. Pack and process.		250° for 50 min.
Tomatoes	Scald, peel, quarter and tamp in jar. Add 1 teaspoonful of salt to each quart jar.		250° for 50 min.

The time periods above are based on the use of quart glass jars. For pint glass jars, five minutes less time may be used

APPLE BUTTER

Apple butter is made by cooking the apples with the skins on, then running through a colander, adding to one quart of apples, ¼ cup vinegar, 1 cup sugar (more or less according to tartness of apples used) and 1 tablespoon cinnamon. Heat over burner flame to dissolve the sugar, stirring with wooden spoon, then place in the oven at 275° and let cook for one or two hours, according to thickness desired.

PEACH BUTTER

Crush the peaches, which should be thoroughly ripe. Add three-fourths as much sugar as peaches. Mix thoroughly. Place over burner flame and heat to dissolve the sugar. Then place in the oven at 275° and cook for two to three hours depending upon the thickness desired. Spices can be added if desired, but these change the flavor of the fruit.

GRAPE BUTTER

Wash grapes thoroughly. Pinch the pulp out of the skins. Put skins in one vessel and the pulp in another. Remove the seeds from the pulp by pressing through a colander; the easy way is to cook the pulp slightly first, then press through the colander. Then mix the seeded pulp and skins together and add three-fourths as much sugar as fruit. Heat over the burner flame to dissolve the sugar. Then place in the oven at 275° and cook for two or three hours depending upon thickness desired.

PEAR BUTTER

Cook pears until soft, crush smoothly and add three-fourths as much sugar as pears. Mix thoroughly and heat over burner flame to dissolve the sugar. Then place in the oven at 275° and cook for two or three hours depending upon thickness desired.

BERRY BUTTER

BLACKBERRIES, RASPBERRIES, ETC.

Be careful to select berries that are not over-ripe. The first ripened of the season are best. Prepare berries, barely cover with cold water and bring to the boil slowly. Let simmer for 20 to 30 minutes. Then pour off part of the juice but do not completely drain. Make jelly from the juice which has been poured off and the butter is made from the remaining juice and berries. Let the berries cool slightly and run through a fine colander to remove seeds. Add three-fourths as much sugar as pulp. Stir thoroughly and place on the burner flame to dissolve the sugar. Then place in the oven at 275° and cook for two or three hours depending upon the thickness desired.

TOMATO BUTTER

Should be made from very solid, ripe, meaty tomatoes. Peel and quarter and place in colander where all the juices may drain off. Drain as dry as possible. Then add three-fourths as much sugar as tomatoes, mix thoroughly and heat over burner flame to dissolve sugar. Then remove to the oven at 275° and cook for two or three hours to the desired thickness.

PLUM BUTTER

Barely cover the plums with cold water and cook slowly for 20 to 30 minutes. Remove from fire, pour off part of juice for jelly, put remaining pulp through colander to remove seeds, add three fourths as much sugar as pulp, heat over burner flame to dissolve sugar. Place in oven at 275° for one to two hours, depending upon thickness desired.

CHERRY BUTTER

Remove pits, soak cherries in cold water for two or three hours, using twice as much water as cherries. Drain cherries in colander and when well drained add three-fourths as much sugar as cherries, heat over burner flame to dissolve sugar, then place in the oven at 275° and cook for two or three hours or until as thick as desired.

JELLY MAKING

As a rule, jellies made in small quantities at a time are more satisfactory A good jelly should retain its shape and be clear and tender. Fruit juices may be canned in summer and made into jellies as wanted. It is usually safe to use ¾ to ⅞ cup of sugar to one cup of juice. The juice should be boiling when the sugar is added. Cooking of jelly should be done as rapidly as possible.

To test jelly—dip a spoon or wooden paddle into it and if the sirup flakes or sluffs off in sheets, the jelly stage is reached, and it should be poured at once into hot glasses and set aside to cool. Cover with melted paraffin or place caps on.

Fruits for jellies should not be over-ripe. The early fruits will produce the best jellies as they contain a great deal of pectin. Fruit juices are extracted by putting fruits in kettles, almost covering fruit with water and boiling very slowly, or processed in a 275° oven. When thoroughly soft, pour in colander lined with thin cheese cloth and let drain until all juice is drained out and proceed as above directed

PRESERVES

In the making of preserves, the small fruits should be dropped in the heavy sirup and thickened up in the oven, with the oven temperature set at 275°. Preserves should be cooked in the oven from one to three hours. Larger fruits such as pears, peaches, etc., should be pre-cooked until slightly tender, then removed, drained and dropped in heavy sirup, placed in the oven at 275° and cooked from one to three hours or until as thick as desired.

Instructions for the care and adjustments of Gas Ranges equipped with the AutomatiCook

The AutomatiCook is so simply and durably constructed, and accurately adjusted, that there is no reason why every AutomatiCook in service should not be working perfectly.

To insure satisfactory operation of this thermostat from the start, we recommend that the person installing the range, test the by-pass or minimum burner flame adjustment and the independent pilot adjustment. It would also be well to note whether the gas shuts off entirely or reduces to a low by-pass burner flame when the oven is thoroughly heated. Temperature adjustments are so seldom necessary that none should be made until conclusively proved later that the temperature settings are not accurate.

Any complaint can be traced to a few avoidable causes, as none of the materials in the make-up of the AutomatiCook can deteriorate and any complaints can be attributed either to the presence of dirt, scale or pipe cement in the valve, or to an incorrect adjustment of the pilot lights or temperature setting.

Proceed slowly in making any adjustments so that the results of the corrections can be noted and no more adjustments made than absolutely necessary.

If gas goes out in the oven, or if an odor of unburned gas is detected, check and adjust the by-pass or minimum burner flame pilot and the independent pilot light as instructed on the inside back cover.

If the oven burner flashes back in the mixer, reduce the quantity of air by adjusting the air shutter and orifice on the burner mixer, and if this does not correct the trouble, increase the by-pass or minimum burner flame pilot as instructed on the inside back cover.

If gas does not shut off or reduce to a very low point when the AutomatiCook is overheated, proceed as instructed in the following paragraph.

If the oven temperature exceeds the temperature as indicated on the AutomatiCook dial, the test to be made at the 350° mark, three causes may exist. First, the by-pass or minimum burner flame pilot may be set too high and it should be checked and adjusted as instructed on next page. Second, if the minimum burner flame pilot is not too high, then clean the thermostatic valve parts as instructed on next page. Third, if after correctly setting the minimum burner flame pilot and cleaning the valve, the gas still does not shut off entirely or reduce down to the minimum flame, then adjust or recalibrate thermostat to a lower temperature as instructed on inside back cover.

If the oven temperature is lower than the temperature indicated on the AutomatiCook dial, the thermostat should be adjusted or recalibrated to a higher temperature as instructed on the inside back cover.

If carbon deposits on the oven bottom too freely, adjust the oven burner flame so that no yellow or red tips show, and reduce the length of the independent pilot flame as instructed on inside back cover, or simply move the independent pilot tube further away from burner and oven bottom.

NOTES

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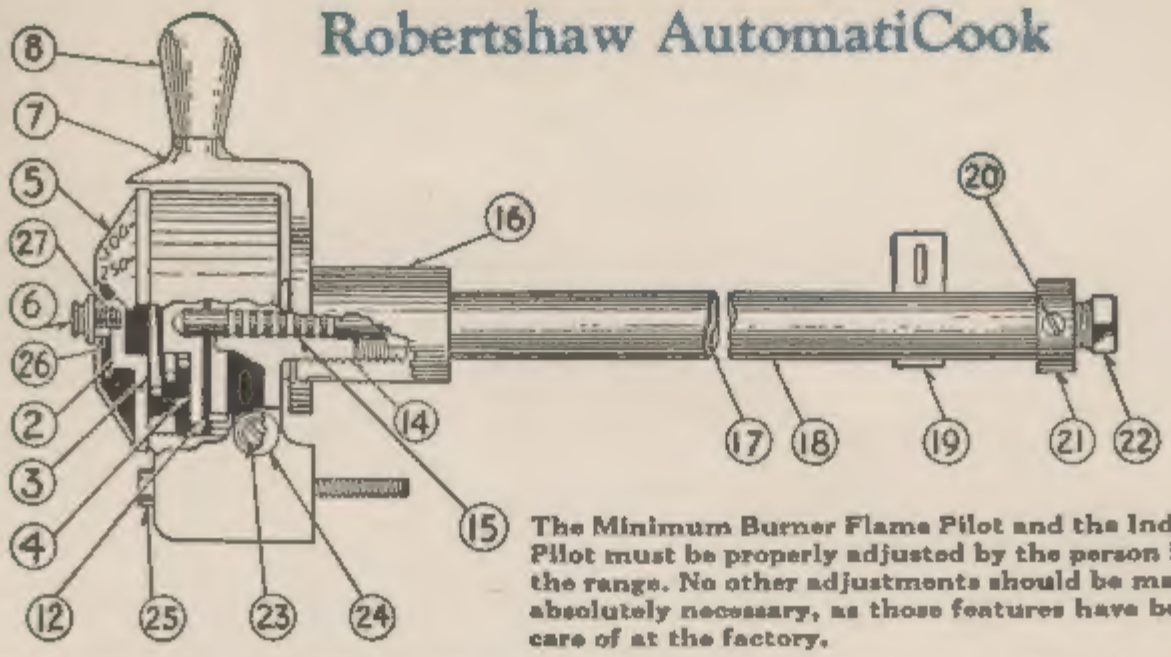
INSTRUCTIONS *on the* Robertshaw AutomatiCook



The Minimum Burner Flame Pilot and the Independent Pilot must be properly adjusted by the person installing the range. No other adjustments should be made unless absolutely necessary, as those features have been taken care of at the factory.

THE MINIMUM BURNER FLAME PILOT can be adjusted when the oven is either cold or hot. First ignite the oven burner. Then move pointer (7) as far below 70 mark as possible. This closes the valve. Whatever gas is then passing to the burner is passing through the By-Pass and should burn about ⅓ in. high over entire burner. If the flame is too high or too low, unscrew knurled protecting cap (24) and, with a screwdriver, turn adjusting valve (23) slowly, either to the right or left, until the proper size Minimum Burner Flame is secured. When the above adjustment has been made, the oven burner flame will never go out completely as long as the oven burner gas cock is turned on.

THE INDEPENDENT PILOT is the small yellow flame that burns near the oven burner. It is a precautionary pilot and serves to relight the burner in case the Minimum Burner Flame Pilot is improperly adjusted. It is lighted with the burner and extinguished when the burner is shut off. By turning small screw at end of pilot, the flame should be adjusted to about ¾ in. in length.

THE ADJUSTMENT OF THE TEMPERATURE SETTING CAN BE DONE WHEN THE OVEN IS EITHER COLD OR HOT.

WHEN THE OVEN IS COLD, ignite oven burner, then move pointer (7) as far below 70 mark as possible. This closes the valve. With a screwdriver turn adjusting valve (23) until there is no gas going to burner. Move pointer back to 200° or 300° and reignite burner. Then, before oven has had a chance to heat, move pointer slowly toward 70 mark. The oven burner should be just on the point of going out when the position of pointer on dial (5) agrees with the room temperature. If it does not agree with the room temperature, remove knurled nut (6) from face of dial and, with a screwdriver, loosen small set-screw (27) underneath and, without letting pointer move, revolve dial (5) until the position of pointer on dial does agree with room temperature, then tighten set-screw and replace knurled nut. After following above directions, be sure to reset Minimum Burner Flame properly.

WHEN THE OVEN IS HOT, and three consecutive readings of an oven thermometer five minutes apart show a temperature variation of not more than 5°, the oven temperature has settled. If, after the oven temperature has settled, the reading of an oven thermometer does not agree with the temperature setting of the Robertshaw, simply remove knurled nut (6) and with a screwdriver loosen set-screw (27) underneath and revolve dial (5) until the temperature setting of the Robertshaw and the thermometer do agree. In revolving dial, be sure not to move pointer (7) and after the temperature change has been made, tighten set-screw (27) and replace knurled nut (6) so that dial is secure.

TO CLEAN VALVE PARTS, simply remove knurled nut (6) and take off dial (5). With a wrench, unscrew cap (2), then remove spring (3) and disc (4). See that gland pin (15) moves freely. With a soft, dry cloth, clean spring, disc, and valve seat (12) thoroughly, and replace them in their original positions. Screw cap on securely and replace dial in its exact former position. Then tighten knurled nut (6).

TO REMOVE THE MODEL K AUTOMATICOOK, should it ever become damaged, necessitating replacement, simply loosen bolt (25), then draw the Robertshaw out of the Range. Insert the two compression nipples and the bolt into the new Robertshaw, replace, and tighten bolt (25) securely.

LIGHTING THE OVEN. In lighting the oven be sure that the Oven Burner Cock is open full because the Robertshaw takes care of the gas supply, and it is necessary only to open the Oven Gas Cock when lighting the oven burner and to turn it off when the cooking is completed. The Robertshaw throughout the entire cooking process, will automatically increase or decrease the oven burner flame to the proper volume for maintaining the set oven temperature.

PREHEATING THE OVEN. As the foods must never be put into the oven before it is heated to the set temperature, time will be saved if the oven is lighted while the foods are being prepared. It is easy to determine when the oven is fully heated, for just as soon as the set temperature is reached, the Robertshaw will decrease the size of the Oven Burner flame.

The
AutomatiCook Book

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